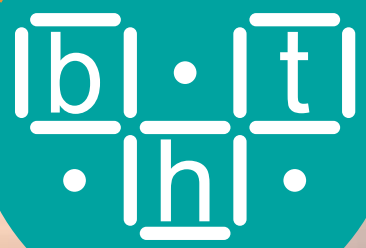




Housing Services

Support



Recovery from
Addiction

Work, Learning &
Employment

Annual Review

JANUARY 2018
RECOVERY FROM
ADDICTION

Mental Health
& Wellbeing

Legal & Advice

Housing

Combating
Homelessness

Combating Homelessness • Creating Opportunities • Promoting Change

www.bht.org.uk

Abuse and **Addiction in Numbers**

“ Substance abuse and addiction in Britain today is an ongoing challenge that affects millions of people and has huge financial implications.

However, it's the human cost that presents the real tragedy.

The abuse of substances is a pathway to poverty and can lead to family breakdown and child neglect, homelessness, crime, debt, and long-term worklessness.

From its impact on children to its consequences for those in later life, addiction destroys lives, wrecks families and blights communities.

Centre for Social Justice, No Quick Fix, 2013



The shocking scale of the problem

Alcohol abuse costs taxpayers **£21 billion a year¹...**

Drug abuse costs taxpayers **£15 billion a year¹...**

300,000 people in England are **addicted to opiates and/or crack²...**

1.6 million people in England are **dependent on alcohol²...**

One in seven children under the age of one live with a **substance-abusing parent...**

2.6 million children live with a **parent who drinks hazardously...** (that's more than one in five).

335,000 children live with a **parent who is addicted to drugs...**

¹ HM Government, Drugs Strategy 2010 London: Home Office, 2010; HM Government, Alcohol Strategy 2012, London: Home Office, 2010

² Liverpool John Moores University, Estimates of the Prevalence of Opiate Use and/or Crack Cocaine Use, 2011/12, 2014

Table of Contents

Abuse and Addiction in Numbers	2
Andy Winter: Recovery is Possible	4
Overview of BHT's Addiction Services	5
Case Studies	6
Alcohol Addiction: My transformative journey	6
What other clients have said...	8
Current Trends in Drugs of Choice	10
What Motivates People to Get Clean?	11
Volunteers and Interns	12
Why 12 Step Residential Treatment?	13
Statistics and a National Comparison	14
BHT Services Guide	16
BHT Services Roadmap 2018	18
Fundraising Roundup	20
BHT Financial Information: Trustee's Statement	22
Until Next Time...	23
Thank YOU for Your Support	24



Recovery is Possible

BY ANDY WINTER, BHT CHIEF EXECUTIVE

Recovery from addiction is possible. The media tends to focus on bad news stories, but in our Addiction Services we witness on a daily basis people achieving abstinence and building the foundations for lifelong recovery.

Of course some people don't make it, and we mourn every life lost and every future ruined. No one should be counted merely as a statistic; each person is someone's daughter, son, sister or brother, mother or father.

Each year, however, new challenges emerge. Cannabis is unrecognisable from the substances smoked in the 1960s and 70s. Heroin, once a rarity, now takes hold of many lives, and takes the lives of too many people.

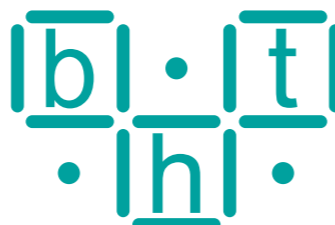
In the last two decades we have seen that crack, cocaine, ecstasy, and new psychoactive substances (sometimes called legal highs) have come into wide circulation. Alcohol also wreaks havoc, destroying communities, families and lives. Over the last year, increasing use of Fentanyl is now one of the greatest causes for concern and deserves its terrifying street name 'Drop Dead'.

This report, however, focuses on the positive outcomes we achieve, and celebrates the lives changed and provides an overview of the futures secured throughout 2017.

Through our network of services, we help those with addictions to minimise the harm caused to them, to control their use, and for many to achieve abstinence and recovery from addiction.

The work we do, from First Base Day Centre through to the Detox Support, Recovery and Move On projects that make up our Addiction Services, proves that recovery from addiction is achievable.

Our work is possible thanks to our funders, sponsors, donors and, most importantly, the hundreds of people who support our work through one-off and regular donations. Thank you. You make it possible for us to continue the work we do.



Combating Homelessness
Creating Opportunities
Promoting Change



Overview of BHT's Addiction Services

BHT Addiction Services provide residential detoxification and treatment for men and women seeking life recovery from drug and/or alcohol addiction.

Together the Detox and Recovery Projects provide a pathway for clients to achieve and sustain abstinence by learning recovery skills and becoming active members of a recovery support network.

Both projects are based on Cognitive Behaviour Therapy (CBT) tools and the 12 Step model of recovery of groups such as Alcohol Anonymous and Narcotics Anonymous.



Detox Support Project

The Detox Support Project has six places and provides an eight to twelve week drug detox, supervised by the NHS, so that clients can achieve complete abstinence.

A weekly programme of individual and group therapeutic support with a 'here and now' focus supports clients to safely manage difficult emotions, behaviour and physical withdrawals as they detox.

Clients learn the core skills for recovery, how to prevent relapse, communicate in safe and healthy ways with peers, and remain motivated for progressing to the Recovery Project.

Recovery Project



By staying free from addiction, clients in these services can become healthier individuals – fulfilling their potential in recovery and making a positive contribution to the wider community.

The Recovery Project has 26 treatment places and provides a programme of individual and group therapeutic support for clients who have achieved abstinence.

The programme has a 'here and now' focus dealing with issues and concerns of the day as a learning tool and to maintain the safety and recovery focus of the project. Clients also explore the consequences of their addiction on their families, and learn to recognise the emotional and behavioural patterns that led to active addiction.

Clients are supported to make positive changes in thinking and behaviour to prevent relapse and to develop the self responsibility needed for healthy, independent living. On completing the six to nine month programme (shorter in certain circumstances) clients progress to safe, alcohol and drug-free move-on accommodation or independent living.

Both the Detox and Recovery Projects support clients to address basic needs often neglected in addiction, including physical, emotional and dental health, as well as legal, debt and family issues.

Case Studies



Alcohol Addiction:

An Account of My Transformative Journey Into a Grateful Recovering Alcoholic BY HELEN*

Before surrendering to the truth of her addiction, Helen was broken beyond any words.

Life had been somewhat ordinary for this 55 year old lady: she had two beautiful children who had grown up and were making their way in the world. Both were successful and very happy.

Helen had successfully held down a responsible role working within the NHS for 21 years, but she gradually realised there was something wrong with her drinking and that during the last five years of her addiction she had become a dysfunctional alcoholic.

Helen would rarely leave the house, and with her health deteriorating rapidly her routine had consisted of weekly visits to her hospital's Accident & Emergency unit.

The turning point came when she was washed up on Brighton beach after trying to swim out to sea. Life had become unbearable in every way imaginable.

Until she moved into BHT's Addiction Services. This is Helen's story:

“It only took a few days I find my feet at The Recovery Project, with the staff and residents helping and supporting me to settle in to my new environment.

The days were structured but also allowed for time to breathe and reflect...

*all names are changed to protect the privacy of our clients

“... from early on there were a mixture of groups, key work sessions and activities such as shopping, cleaning, other group responsibilities, plus all residents attend Alcoholics Anonymous meetings or similar.

There are individual assignments as well as relaxation time, which includes art, gardening, yoga, and walks with peers ...



“... I was assigned a buddy and I really I felt that she had my back. I was shown how to do things, where to go and also had an instant friend.

I had the same key worker for my entire journey through the project. I had access to someone I trusted who came to understand a lot about my thought processes. She knew my strengths and my weaknesses within a very short period.

The therapeutic groups had an incredible affect in raising my self confidence, teaching me how to trust and confide in others.

People in these small groups became very appreciative of each other, holding one another in high regard.

I learnt how to recognise that other people had similar fears and experiences in their addiction, allowing me to share my own fears and experiences yet still hold on to my dignity.



Case Studies

“ BHT's passion for residents to get our lives back on track is second to none.

It's the sort of care that gives me even more strength to get through the hard times. I thank all the staff here so much for guiding me straight and true through any obstacles and keeping me resolute when all seemed lost.

My time in this house will never ever be forgotten.

EVA*

What Other Clients Have Said...

“ Before entering BHT's Addiction Services I was completely out of control.

I was manic, confused, full of rage, argumentative and very defensive. I was in the deepest, darkest place I've ever been in and couldn't see a way out.

I had no understanding of how to change my behaviour. I was hopeless, had lost my home, children and everything I'd worked hard for. Death seemed the easiest way out but deep down I knew I had one last option.

I was in the Detox Support Project for seven weeks, and entered the Recovery Project on my birthday. I have learnt so much about addiction and where it takes us, and staff are extremely supportive; I know I'm safe and can put all my trust in them.

I have been taught how to better manage my anger whilst becoming more assertive. I'm able to give and receive healthy challenges, and feel and identify my emotions better. I've developed a better sense of empathy for people and am able to show more care and consideration for others.

My life is better today, and me and my children's future is looking brighter. This wouldn't have been possible without all the support around me and I am one very grateful client.

JEN*

*all names are changed to protect the privacy of our clients

“ I have dealt with my anger, relationships, childhood issues, unmanageability, my insanity and domestic violence.

I can hold my head up, leave here and live life on life's terms. The mother of my children now speaks to me.

I have had the chance to play with my boys, have met lovely people and also have my sisters back in my life. I'll always be grateful to the project for looking after me.

MIKE*



“ My life before coming into treatment was chaos itself, I was a wrecking ball smashing my way through anything and everyone whether they were in my way or not.

I didn't have or want any friends. I didn't think I needed anything or anyone. If I wanted something, I'd take it. If I didn't like someone I'd find some way to bring them down. I was filled with hate, anger and hurt and just didn't know any other way other than to destroy myself by flooding my system with more than enough of whatever substance I could get hold of.

Entering into treatment was unreal for me. I was in general shock for over a week at kindness of staff at the Detox Support Project as well as how helpful and caring my peers were.

Above all, I feel I'm progressing into a real human being – kind, caring, responsible and loving. I want to do good, help where I can, rekindle family ties and become the man I always wanted to be, with ambitions, goals and simply being able to live life on life's terms.

I'll be forever grateful for what the Detox Support Project and the Recovery Project have done for me up to this point in my recovery.

ROB*

Current Trends in Drugs of Choice

Including use of prescription drugs, their impact on individuals and society, and how our services are **responding to these changes...**

The use of New Psychoactive Substances (NPS) is on the increase both nationally and locally.

The ever-changing ingredients present in legal highs cause difficulty in testing in treatment and illicit use in treatment causes high risk behaviour to self and others, risk of eviction and overdose.

Pregabalin and Gabapentin

Increasingly our clients are also coming into treatment using high amounts of illicit and inappropriately prescribed, dependency-creating, Pregabalin and Gabapentin – anti-convulsant medication contraindicated by NICE guidelines in the treatment of addiction.

This medication is particularly prevalent in prison populations at present. Some people coming from prison start treatment with us dependent on Pregabalin and Gabapentin on release and, at the detox stage, we are noticing a growing trend of clients needing detox from these drugs.

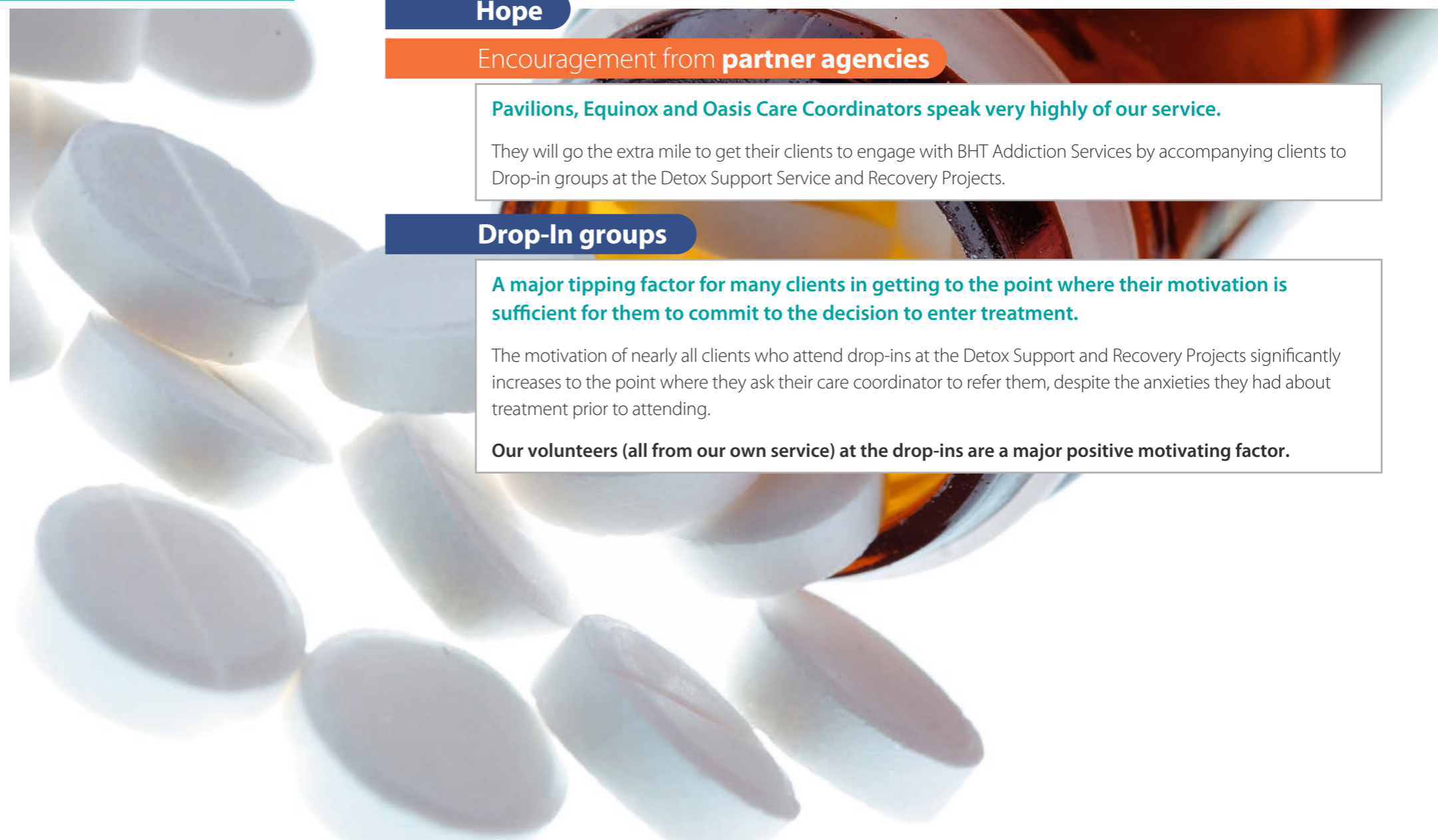
Many clients coming to us are able to get these medications from some GPs on the basis of back pain and other supposed injuries. High quantities of these substances are also illicitly and cheaply available on the street.

In such cases, staff liaise with clients' GPs for a detox script alongside their other detox requirements linking with Pavilions Partnership.

Opiate-based pain medication

Many clients also come into our services with a dependency on prescribed or over-the-counter opiate-based pain medication.

Our service teaches clients pain management strategies whilst liaising with clients' GPs to support them to make the transition to non-addictive pain medication when there is a clinical need for this.



What Motivates People to Get Clean?

Fear of **death** and **serious health issues**

“ I can't manage my life, I'm going to die. I can't carry on in life. I have no options for the future. ”

Loss

“ I've lost everything I valued. I'm trapped. I want my son back in my life. My mum died and she never saw me sober. ”

Despair and an inability to carry on with **current lifestyle**

“ I woke up and thought, something's got to change. I can't carry on in life. I have no options for the future. I'm tired of living on the streets. ”

Hope

Encouragement from **partner agencies**

Pavilions, Equinox and Oasis Care Coordinators speak very highly of our service.

They will go the extra mile to get their clients to engage with BHT Addiction Services by accompanying clients to Drop-in groups at the Detox Support Service and Recovery Projects.

Drop-In groups

A major tipping factor for many clients in getting to the point where their motivation is sufficient for them to commit to the decision to enter treatment.

The motivation of nearly all clients who attend drop-ins at the Detox Support and Recovery Projects significantly increases to the point where they ask their care coordinator to refer them, despite the anxieties they had about treatment prior to attending.

Our volunteers (all from our own service) at the drop-ins are a major positive motivating factor.

Volunteers and Interns

A high proportion of former clients in recovery are now working in our services or other support services as **volunteers and interns...**

A key feature of our services, frequently mentioned by clients as the most important positive factor in their treatment, is the high proportion of staff within these services who are in recovery themselves.

The overwhelming majority have achieved their recovery through our service pathway.

All 15 regular volunteers at the Detox Project have achieved recovery through BHT's Addiction services. A high proportion of clients who successfully completed treatment with our services have progressed to peer mentoring roles with other organisations and also intern placements with other BHT projects, often leading to paid employment.

Many former clients, and frequently those coming to the end of their support, return to, or enter for the first time, education and training that were either abandoned in their addiction or not possible prior to their recovery.

A high number of former clients of our services also progress to jobs with other services in Brighton and Hove:

In a recent survey, more than 120 former clients confirmed they were in full time employment, including with the following organisations:



Oasis, Terence Higgins Trust, Pavilions, Equinox, Just Life, projects within various prisons, the local NHS trust, and many have started their own businesses, for example, in the building or gardening trade.

Why 12 Step Residential Treatment?

In April 2017, BHT undertook a study of clients who had successfully completed the BHT Addiction Services programme in the year to 31st March 2014:

73% were still **abstinent and in recovery**

54% had **remained fully abstinent and in recovery** without representing to services

19% had at some stage over the preceding three years **re-presented to services** and were again **abstinent and in recovery**

11% of the group had progressed to **full-time paid employment** with BHT Addiction Services and other local drug and alcohol services

Continuing to spread the message of hope that lifelong recovery from addiction is a realistic and achievable goal.

Quotes and feedback from clients explaining why employing people with lived experience is so important to them:

Feedback from clients regarding staff who have been through the BHT Addiction Services programme and are in recovery themselves:

“ I truly believe the staff understand the goals of recovery, especially as they've been through it.

What helped me most in my stay? The professionalism of all staff on project. Also, knowing staff were able to relate to and truly empathise with my addiction without judgement.

“ **Staff are in recovery, so they can relate and are always on the ball!**

It really, really helps that staff at the Detox Support Project and the Recovery Project are in recovery and have been through a similar darkness to what I had when I started treatment and, in that, it gives you hope that recovery can happen for you. It's not like looking at a textbook or hearing from professionals and other workers who haven't got the lived experience.

Statistics and a National Comparision

2017 BHT Addiction Services Impact Survey Outcomes

A confidential survey of current BHT Addiction Services clients was undertaken in early 2017 looking at behaviour before and since entering the service.

in the year to 31 March 2017:

42 men and women successfully completed the BHT Addiction Services treatment programme



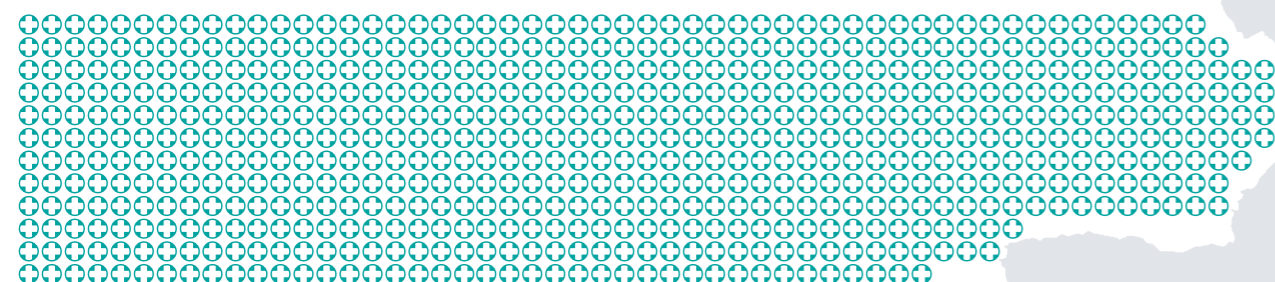
Over 200 drug and alcohol-related attendances at local A&E departments prevented



380 drug and alcohol-related visits to local GP surgeries prevented



Over 600 prescriptions for mood-altering medications not required



21 people who were previously involved in drug or alcohol-related violence are no longer engaged in such behaviour



24 people who were previously involved in domestic violence, as perpetrator or victim, are no longer in this situation



The impact of this outcome on the children in some of these relationships is difficult to measure, but is likely to be highly significant in their lives.



Over £800,000 in addiction-related acquisitive crime in the Brighton and Hove area was prevented

Not including the cumulative impact of clients who completed treatment with BHT Addiction Services in previous years and who remain abstinent and in recovery.



The overall reduction in addiction-related acquisitive crime is closer to £3 million (£2,950,000)

Based on our research on clients who left our service in the year to 31 March 2014 and who remain in recovery.



National Comparison

Percentage of clients successfully completing each stage:



Reduction in Drug and Alcohol-Related Criminal Activity:

Every £1 of annual funding for BHT Addiction Services results in £2.59 of drug and alcohol-related acquisitive crime avoided



Reduction in Homelessness:

87 cases of homelessness were prevented



BHT Services Guide

www.bht.org.uk/services

work, learning & employment

housing services & housing support

combating homelessness

- Accommodation for Work** Manager: **Bernadette Lynch** 01273 645440
Housing and support for homeless people who are actively engaged in work and learning. Accommodation is provided at three shared houses, each for six residents supporting a total of 18 people.
- Addiction Services** Senior Manager: **Blythe Crawford** 01273 604245
Residential housing projects with programmes of support for men and women seeking abstinence and life recovery from drug and/or alcohol addiction.
- Detox Support Project** Senior Manager: **Blythe Crawford** 01273 604245
Supports six residents to detox safely from drug dependence to achieve abstinence, and is clinically supervised by Pavilions Partnership.
- Recovery Project** Manager: **Brian Sudway** 01273 684741
A comprehensive programme of individual and group support in a therapeutic community for 26 residents who have achieved abstinence from drugs and/or alcohol.
- Move On** Manager: **Bernadette Lynch** 01273 645414
Supports residents in their on-going recovery and reintegration into work, education and meaningful activity.
- Archway Project** Manager: **Ian Wilson** 01273 748031
A 24 hour residential service comprising of a five and a nine bed house (both registered care homes), for adults with mental health support needs.
- BHT Intern Programme** Manager: **Murray Begg** 01273 645444
A six month training programme which increases employability through acquisition of skills and experience. References are awarded on completion along with career advice.
- Brighton Advice Centre** Senior Manager: **Sue Hennell** 07887 743852
Free specialist legal services in housing and asylum to the people of Brighton & Hove, as well as free representation at the Brighton County Court for those facing possession proceedings. Also works in partnership with other providers on the Warmth for Wellbeing and MoneyWorks projects.
- Brighton Community Housing** Manager: **Penny Laycock** 01323 340018
236 community homes in the Brighton area managed by BHT Housing Services.
- Eastbourne Advice Centre** Manager: **Dan Saxby** 01323 642615
Offers housing and welfare benefits advice by telephone and face to face by appointment as well as advising at the Court Duty Desk Scheme at Lewes County Court.
- First Base Day Centre** Manager: **Mike Byrne** 01273 326844
A resource centre for men and women who are homeless or vulnerably housed in Brighton & Hove providing access to a wide range of specialist health care services and work and learning opportunities.
- Fulfilling Lives: Multiple and Complex Needs South East Project** Senior Manager: **Jo Rogers** 01424 452619
BHT is the Lead Agency for the Fulfilling Lives South East Project; one of 12 projects nationally funded by the Big Lottery Fund working directly with people who have the most complex needs, and changing systems to improve the way services are commissioned.

mental health & wellbeing

recovery from addiction

legal & advice

- Hastings Advice Centre** Manager: **Jo Wilson** 01424 452610
Provides a range of advice services relating to possession action, homelessness, suitability of accommodation, tenancy rights, disrepair, and allocations policies through an appointment-based service, a drop-in session, and a Court Desk Duty Scheme. An asylum outreach service is also provided to those living in and around Hastings.
- Hastings Community Housing** Manager: **Penny Laycock** 01323 340018
83 community homes in the Hastings and St Leonard's area managed by BHT Housing Services.
- Hastings Young People's Service** Manager: **Simon Treen** 01424 435376
Supported accommodation for 31 young men and women aged 16 to 25 from Hastings and St Leonard's. Provides the life skills necessary to sustain independent living, and to signpost and support the young people into education, training and employment.
- Macmillan Welfare Benefits Advice Service** Manager: **Dan Saxby** 01323 635989
Comprehensive welfare benefits advice for anyone affected by cancer and their families delivered in partnership with Money Advice Plus.
- Mental Health and Wellbeing Services** Manager: **Melanie Barnard** 01273 929471
Assists men and women to improve and maintain their mental health and wellbeing through high quality services that are accessible to all.
- Phase One** Manager: **Tracey Chandler** 01273 328285
A 52 bed high support hostel for single homeless people with complex support needs. Pre-Tenancy Flats offer a stepping stone in preparing for independent accommodation.
- PRS Leasing** Manager: **Penny Laycock** 01323 340018
BHT leases a portfolio of accommodation from private landlords in Brighton & Hove, Eastbourne and Hastings. This initiative aims to provide well-managed homes for clients while they address issues preventing them from accessing their own independent accommodation.
- Route One** Manager: **San Sehjal** 01273 929470
Supported accommodation to 60 adults with mental health support needs in Brighton and Hove, including a women-only house, a high support house, a mixed shared house and self-contained flats.
- Shore House** Manager: **Brodie Hall** 01273 929392
Accommodation and intensive support for 20 people with complex mental health needs, including those with a dual diagnosis. The service works with people to build their skills and confidence, enabling them to move into more independent accommodation within an 18-month timeframe.
- Tenant & Client Involvement** Coordinator: **Juliet O'Brien** 01273 645443
Works with tenants, clients, staff and management across Brighton & Hove and East Sussex to create opportunities for tenants and clients to get involved in the design, development and delivery of BHT services.
- Whitehawk Inn** Manager: **Tina O'Donnell** 01273 682222
A community learning centre based in East Brighton, providing information and advice about work and learning, a range of support activities for adults and a variety of free drop-in clubs led by volunteers.

BHT Services Roadmap 2018

www.bht.org.uk/services

work, learning & employment

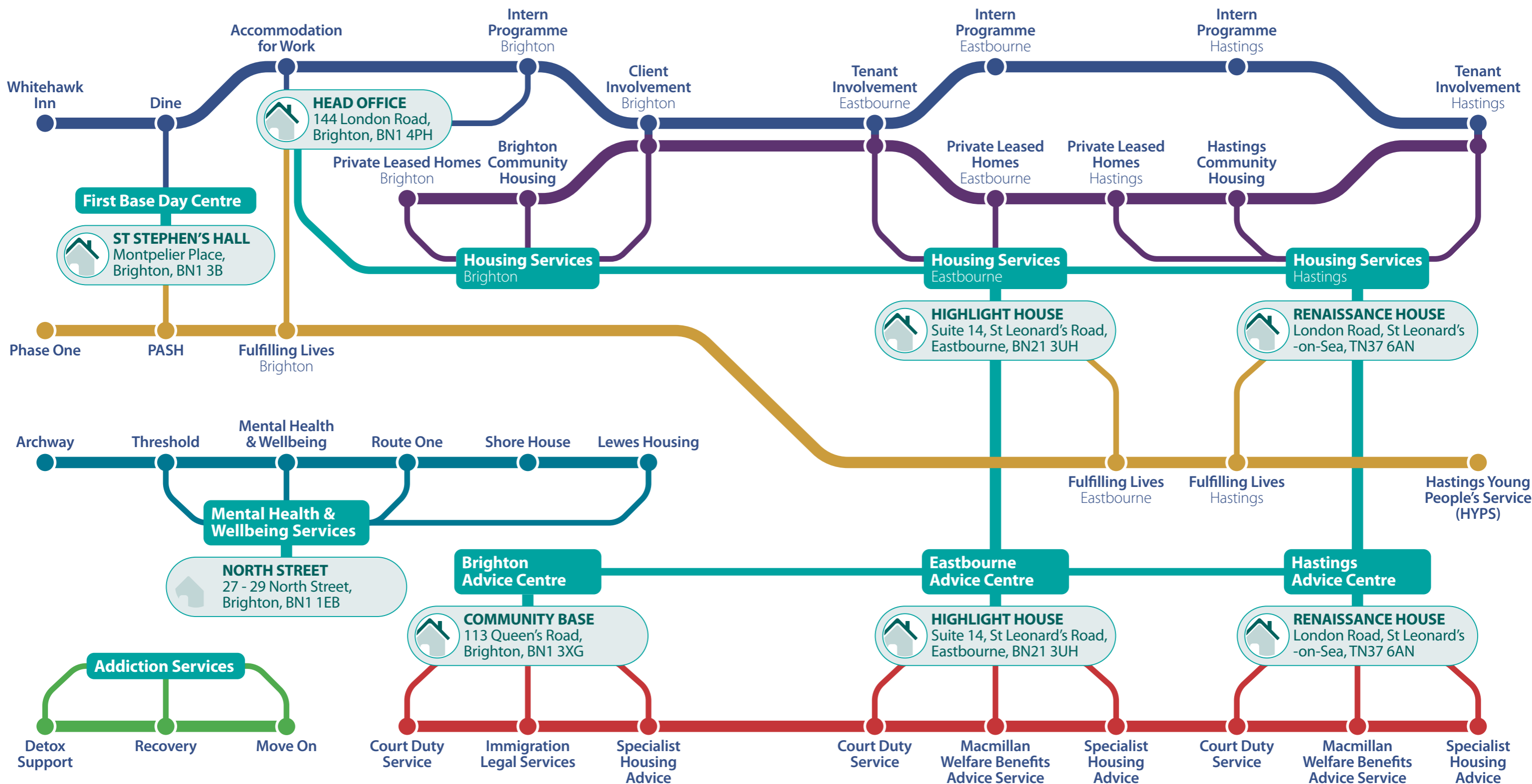
housing services & housing support

combating homelessness

mental health & wellbeing

recovery from addiction

legal & advice



Fundraising Roundup

We've had another exciting and jam-packed year of fundraising events, the highlight being our inaugural **Around the World Cycle Challenge**.

We are extremely grateful to our many dedicated supporters for taking on challenges or organising fabulous fundraisers for BHT.

Here are few highlights from 2017:

BHT has sponsored runners in the **Brighton Half Marathon, Brighton Marathon** and **London Marathon** this year and we would like to say a special thank you to **Joshua Spearpoint** who has now run in all three marathons for BHT.

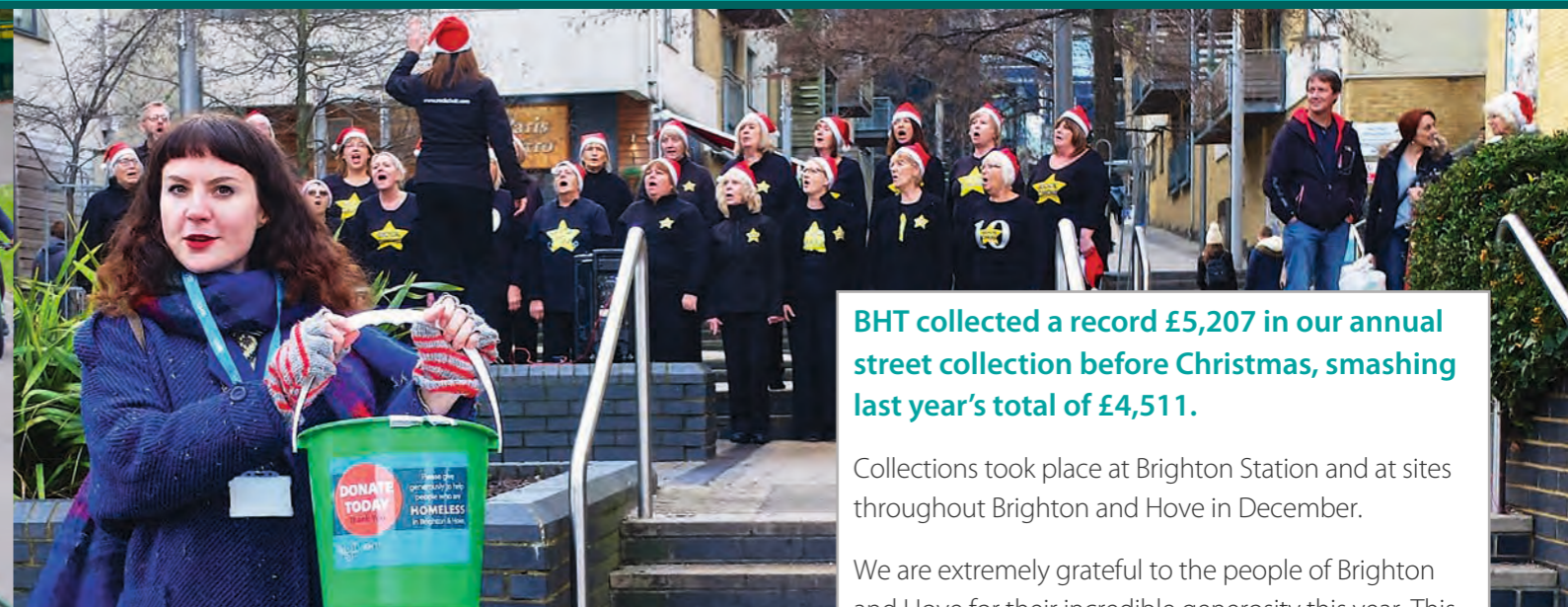
APRIL: We held our ridiculously over-dressed black tie dinner in Brighton fish and chip shop, **Bardsley's**. Our guests were not only served up a tasty supper but also enjoyed delicious entertainment courtesy of the very talented singing trio, the **Close Shaves**.

JUNE: On an almost sunny day, over a hundred people dusted off their bikes to clock up miles for our sponsored bike ride, **BHT Around the World Challenge**, which took place at Preston Park Velodrome.

The day was a great success and enjoyed support from bike clubs, families, cycling novices and the occasional penny-farthing rider. **The Brighton Shared Bike Scheme** was launched at the event. We are planning on making this an annual feature of our fundraising calendar, due to the wonderfully positive feedback.

OCTOBER: We hosted an evening of fine dining and fine entertainment at First Base, with a lovely meal prepared by **Dine, BHT's catering social enterprise**, and light hearted medleys wonderfully sung by local a cappella group **The Naked Voices**.

We were also lucky enough to be chosen as the charity partner for this year's **Brighton Male Voice Choir concert** and the **Women in Business Excellence awards**. At both we were able to highlight the issues our clients face and raise money for BHT's services.



BHT collected a record **£5,207** in our annual street collection before Christmas, smashing last year's total of **£4,511**.

Collections took place at Brighton Station and at sites throughout Brighton and Hove in December.

We are extremely grateful to the people of Brighton and Hove for their incredible generosity this year. This record amount indicates the concern that people feel about seeing people sleeping on our streets.

This money, together with the funds raised through other activities over the Christmas period, will help our **First Base Day Centre** to support rough sleepers not only at Christmas but throughout the rest of the year.

It's not too late to donate:

Text FBAS17 £5 to 70070 or visit <http://bit.ly/2mPL7VJ>



FUNDRAISING PACK

Everything you need to hold a fabulous fundraising event



www.bht.org.uk

To view our Christmas Appeal film by Big Egg Films: vimeo.com/245616305

To view our short animated film, produced by Max Ardron: vimeo.com/245432074

Both of these films were produced at no cost to BHT. Many thanks to those who donate their expertise and time to help us combat homelessness, create opportunities and promote change.

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



BHT Financial Information

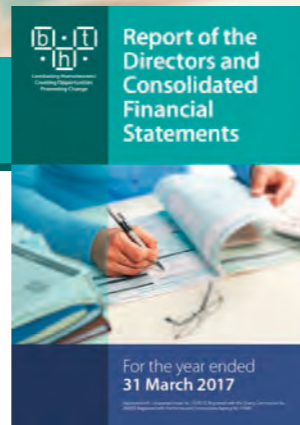
Trustees' Statement

The summary financial information contained on these pages contains data from the management accounts of Brighton Housing Trust for the year ended 31 March 2017 and provides an overview of the income and expenditure for the year.

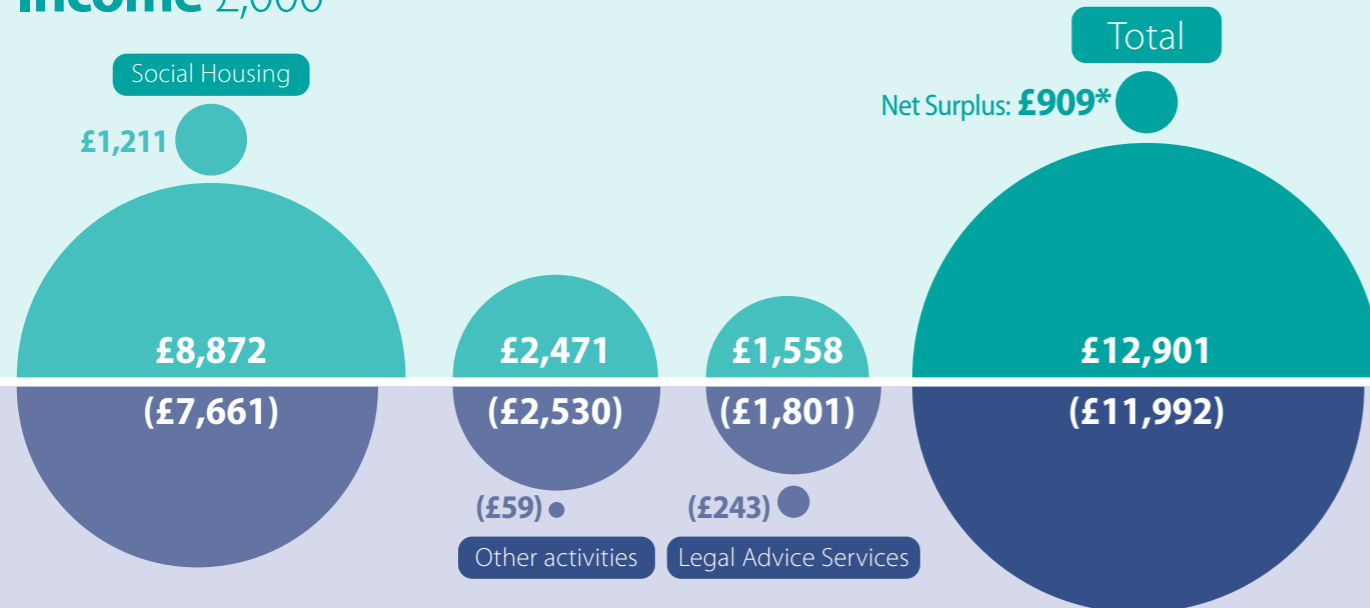
The full financial statements have been audited by **BDO LLP** and received an unqualified opinion. For further information the full audited financial statements, containing the Report of the Directors and the Auditors' reports, should be consulted.

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
DECEMBER 2017



Income £,000

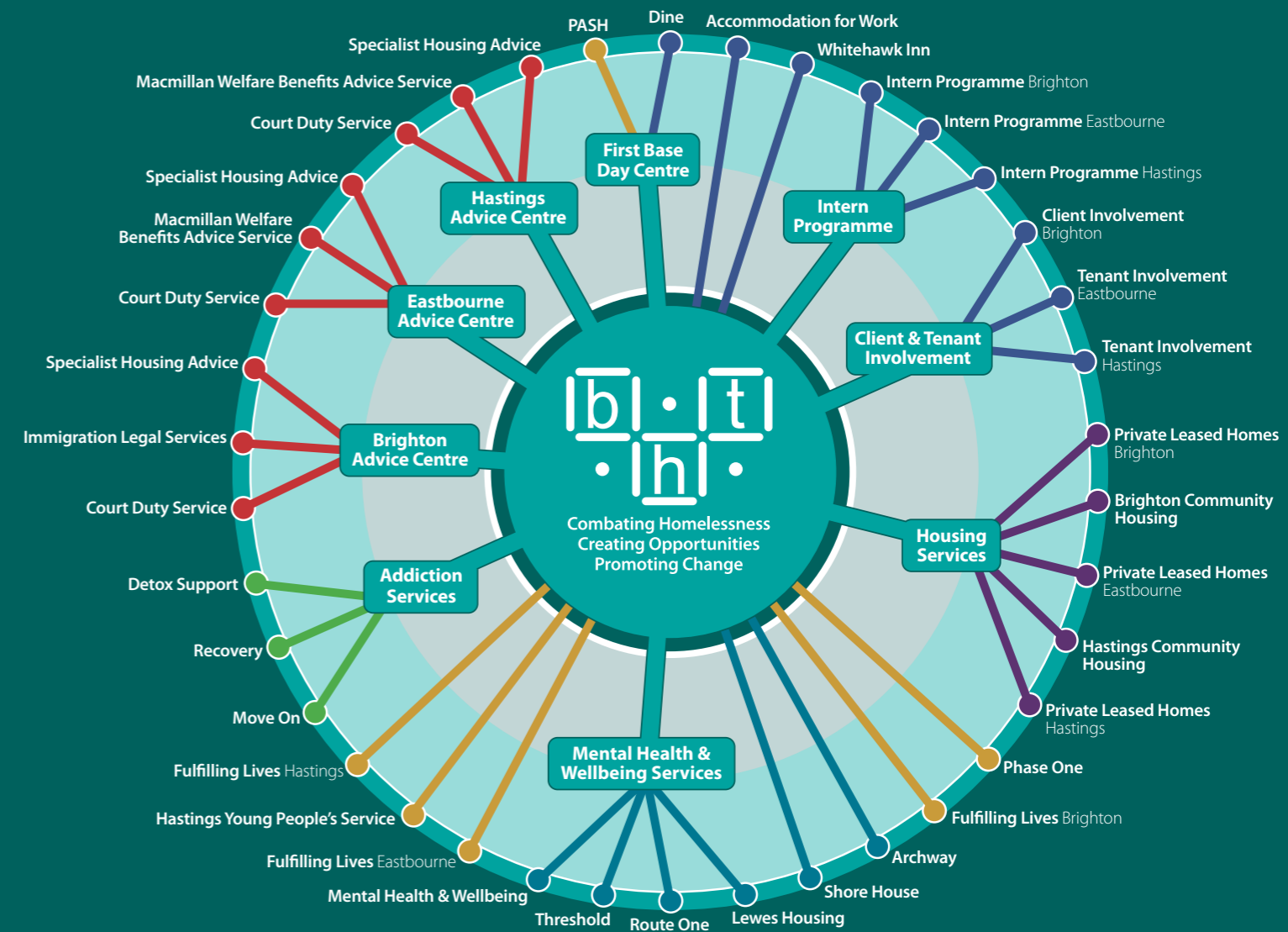


Expenditure (£,000)

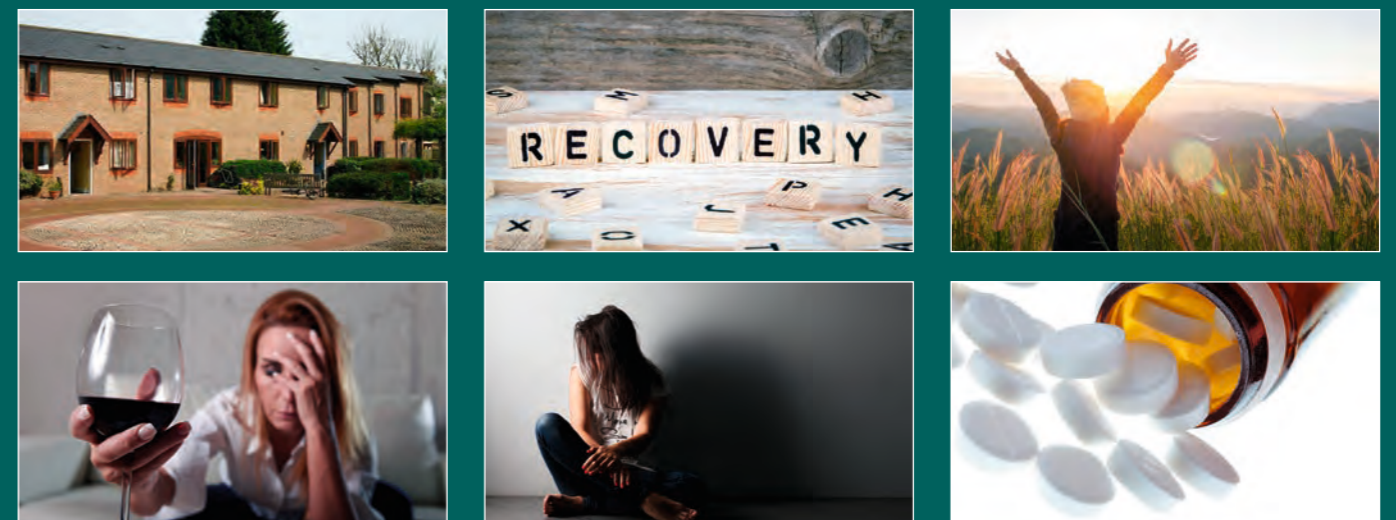
*Housing Services generated £815,000 of this surplus, all of which has been designated to be used towards our housing's major works programme over the next two years.

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

Until Next Time...



Look out for our next publication in June 2018



 BHT Sussex

 BHTSussex

 enquiries@bht.org.uk

 www.justgiving.com/brightonhousingtrust

Thank YOU

for your support



- Bardsley's Fish and Chip Shop
- Big Egg Films
- Big Lottery Fund
- Brighton & Hove City Council
- Brighton & Hove Clinical Commissioning Group
- Brighton and Hove Buses
- Brighton Gin
- Brighton Masonic Charity
- Brighton Rotary Club
- Brighton Museums and Pavilion
- Calypso Browning
- Cellular Solutions
- Chelsea Building Society
- The Close Shaves
- Create
- Donatello Ristorante
- East Sussex County Council
- Eastbourne Borough Council
- Egg Films
- Fludes Commercial
- Frances Valdes and Nigel Thomas
- FUGU
- G. Saunders
- Go Botanical
- Groundscapes
- Hastings Borough Council
- Heritage Lottery Fund
- Iain Riddell & Gartner
- Ideal
- Inspire Funding
- Invisible Voices
- Kemp Town Flooring
- KSD Environmental Services
- Lady Jane Lloyd
- Left Logic
- Legal Aid Agency
- London Legal Support Trust
- MacMillan Cancer Support
- Max Ardron
- Mid Sussex Scaffolding
- Mind Tools
- Miss Zoe Byrne
- Moshimo
- Michael and Maureen Chowen
- Mike Stimpson
- Naked Voices
- New Era Education
- NEO
- Paul Bonett
- PMOD
- Propellernet
- QED
- Rank Foundation
- Robert Heath Heating
- ROCC Computers Ltd
- Sue Addis
- Team BHT runners
- Terre à Terre
- The former Mayor of Brighton of Hove, Cllr Peter West, and the Mayor's Charity Committee
- The University of Brighton
- The University of Sussex
- Treatment Rooms
- VW Heritage
- Wealden, Lewes, Brighton and Hastings Citizens Advice Bureaux
- Zurich
- Everybody who donates to and/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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