

Safe Haven Sussex CIC Autumn Bulletin 2024

Sophia Papanicolaou, Head of Service

Introduction

I'm Sophia, the Head of Service for Safe Haven Sussex CIC. Each season I create a bulletin to give everyone involved in our service updates about the recent months, and anything coming up. In the bulletin I like to celebrate successes, give you some updates about the service and the team, and provide information relevant to the time of year. This bulletin is the Autumn edition, so will include some information on how to keep safe and warm as the weather gets colder, an autumnal recipe, and a list of places to go and some activities to keep you busy. If you have any ideas about how to make these bulletins better, or if you would like to add something to the next one, please contact me on the details below.



Key Dates

5th of November- Bonfire Night

4th of November- First monthly art wellbeing ran by Becky.

20th of December- Outing! Meal and Gathering in Peacehaven

Team Updates

Over the last few months we welcomed lots of new faces to our growing team! We have Daniel and Zorian (twin brothers!) in the Welfare Team. Jasmine, Becky, Joe, Jake, and Sian in the support team, and Tom and Ellie in the office. We have had a few role changes too; Sarah is now the Service Manager, and Emily has taken over from Tabitha as the Referrals and Move On Coordinator.

In this edition

- Team Updates
- Successes and Achievements
- Health, Safety, and Wellbeing
- Safe Haven in Bloom winners
- Updates on recent events and activities
- Upcoming events and Activities
- Autumn Recipe
- Places to go in the community for food
- Drop In's and events in the community

Contact Info

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WEEKLY DROP IN'S

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Weekends

Clock Tower
Sanctuary 41
North Street
Brighton
16-25 year old,
Drop In 10am-
2pm

The Clare Project
Dorset Gardens
Methodist Church
Brighton Trans, Non-
Binary, Gender
Variant social group
2.30-5pm or 5pm-
7pm

Sit, talk, or pray
St Mary's Church
61 St James Street
Brighton
10am-1pm

Sit, talk, or pray
St Mary's Church
61 St James Street
Brighton
10am-1pm

Sit, talk, or
pray
St Mary's
Church
61 St James
Street Brighton
10am-1pm

Clock Tower
Sanctuary 41
North Street
Brighton
16-25 year old,
Drop In 10am-
2pm
(Saturday)

Evolve 9 St
Georges Place,
Brighton
employability
and mindfulness
drop ins 9am-
5pm

Clock Tower
Sanctuary 41 North
Street Brighton
16-25 year old, Drop
In 10am-2pm

Snacks, Drinks
and Conversation
The Victoria
Fountain, Old
Steine Gardens
Brighton 3pm-
5pm

Free yoga for
refugee, asylum-
seeking and migrant
women. BMECP
Centre 10A Fleet
Street Brighton
11.15am-12.15pm

Free yoga for
refugee,
asylum-
seeking and
migrant
women.
BMECP Centre
10A Fleet Street
Brighton
11.15am-
12.15pm

Saturday
Parkrun East
Brighton Park
9am

Support and
connecting with
LGBTQ+
Communities
LGBTQ+
Switchboard 113
Queens Road
Brighton 7pm-
9.30pm

Evolve 9 St Georges
Place, Brighton
employability and
mindfulness drop
ins 9am-5pm

Warm space,
clothes and
toiletries Trans
Pride Brighton 93
St James Street
Brighton 7pm-
10pm

Clock Tower
Sanctuary 41 North
Street Brighton
16-25 year old, Drop
In 10am-2pm

Clock Tower
Sanctuary 41
North Street
Brighton
16-25 year old,
Drop In 10am-
2pm

Snacks, Drinks
and
Conversation
The Victoria
Fountain, Old
Steine
Gardens
Brighton 3pm-
5pm

Friends First 21
Clarendon Villas
Hove,
employment and
mentoring
services 7.30pm-
9pm

Support and
connecting with
LGBTQ+
Communities
LGBTQ+
Switchboard 113
Queens Road
Brighton 7pm-
9.30pm

Evolve 9 St
Georges Place,
Brighton
employability and
mindfulness drop
ins 9am-5pm

Evolve 9 St Georges
Place, Brighton
employability and
mindfulness drop
ins 9am-5pm

Evolve 9 St
Georges Place,
Brighton
employability
and
mindfulness
drop ins 9am-
5pm

Warm space,
clothes and
toiletries Trans
Pride Brighton
93 St James
Street Brighton
7pm-10pm
Sunday

Gabs Community
Engagement
Kingfisher Court
Whitehawk Social
Coffee morning
10am-12pm

Mindfulness and
Meditation The
Manor Gym 10am-
12pm

Support and
connecting with
LGBTQ+
Communities
LGBTQ+
Switchboard 113
Queens Road
Brighton 7pm-
9.30pm

Support and
connecting with
LGBTQ+
Communities
LGBTQ+
Switchboard 113
Queens Road
Brighton 7pm-
9.30pm

Community
Choir The
Manor Gym
Sundays 4pm-
5pm

Sew Much Better
Phoenix Art Space
10 Waterloo Place
Brighton Sewing
group
10am-11am

Robert Lodge Knit
and Natter
Robert Lodge
Community Space
10am-12pm

Diabetes
Wellbeing Group
Robert Lodge
Community
Space
1st Weds of the
month 10am-
11.30am

Advocacy Drop In,
For 18+ with
additional needs.
Speak Out St
Georges Church
Café, Kemp Town
11am-1pm

Safe Haven Sussex CIC

Autumn Bulletin 2024

Successes and Achievements

Congratulations to the Safe Haven in Bloom Winners. MP13 won 1st place! Well done to all the runners up- CDA, WS66, PR53, HTR, BCR, and RSR were all nominated for the win and came as runners up.

A special thank you to EB and PL for joining me at Dobbie's and picking out the prizes for the winners! Your commitment and contributions to the Resident Forum is very much appreciated.

We have had some successes the last few months with people getting PIP and maximising their income.

Some of you have been working with Mark at Step by Step; well done to those of you that have passed your Functional Skills in Maths!

Congratulations to a resident who is starting his college course of Level 3 Music Production. Good Luck!

Some residents have started working with Together Co, who have a befriending and social prescribing service. They can support with feelings of loneliness or isolation, as well as finding other services to get involved with! People can self-refer to this. Ask a Support Coordinator for more information.

Since August, 19 new people have moved into the service, as we opened up 2 new houses. 9 people had positive move-ons out of the service, to a mixture of private rental, social housing, other more appropriate services, and moving in with partners. Congratulations!

Events and Activities


Over the last few months we have had great things going on, I've put together a 2 page spread of photo's in this bulletin.

- We had the whole service Summer Games and Picnic in Queens Park. It was such a lovely day and we will do this every year.
- We have had a Resident Forum every month- thank you so much to everyone who attends these.
- We've had lots of days at the allotment, and it is finally starting to look like an allotment rather than a patch of grass! Thank you to everyone who has worked with us on this.
- Lots of you from many houses worked on the Safe Haven in Bloom competition. It was a great success and we will continue this next year, starting from Spring.

Upcoming Events and Activities

Over the next few months we will be having lots of events and activities going on that everyone is invited to, so keep an eye out on your notice boards for posters with details:

- Photography Competition
- Monthly Art Workshops
- December Outing, and Christmas Meal
- Resident Forum Meeting
- Allotment Sessions (weather permitting)
- Fire, Health and Safety and First Aid Workshops



If you have any ideas for activities, or if you'd like to contribute to the next bulletin let us know, or come along to our next Resident Forum Meeting!

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Health, Safety, and Wellbeing:

Mediterranean Tomato Rice Pilaf

A simple and Low Cost Autumn Recipe!

Ingredients:

- Rice (1 cup)
- Chopped Tomatoes (1 can)
- Stock/Broth (veg, beef, or chicken)
- Tomato Puree
- Onion
- Garlic
- Oil
- Salt, Cinnamon and Cumin

How to make it:

- Cook onions and garlic until fragrant and soft, in a large saucepan on the hob with some oil.
- Add in the rice, tomato paste, cumin, cinnamon, chopped tomatoes, and salt.
- Cook until combined and fragrant.
- Add the stock/broth and bring the mixture to a boil. Reduce heat; cover and simmer until the rice is soft.
- You can add other veg or meat of your choice with the onions and garlic to bulk the dish out.

Tips to Keep Warm and Safe in the colder Weather

- Let a staff member know if your home is under 18°C so that they can check the heating is working and coming on.
- Keep windows closed at night.
- Keep active when you're indoors. Try not to sit still for more than an hour or so.
- Wear several layers of light clothes. Layers trap warm air better than one bulky layer.
- If you are going out, wear clothes suitable for the weather, And wear shoes with a good grip to prevent slips and falls.
- Wear socks or slippers indoors and use blankets when you are sitting down or in bed.
- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks.

Great (and free!) spots to stand and watch the Fireworks on 5th of November

- Hollingbury Hillfort BN1 7HS
- Brighton Racecourse BN2 9XZ
- Whitehawk Hill BN2 5QW
- West Hove Golf Club BN3 8EX
- Benfield Hill Nature Reserve BN3 8EX
- Devil's Dyke BN1 8YJ

If you have a smartphone click on [this link](#) to see a map of the locations.

Fire Safety

A clutter-free home can help stop fire spreading, ensuring there is a clear exit route.	Never smoke in the property and ensure cigarettes are put out fully, outside of the house.	Make sure sockets are not overloaded, and keep all appliances turned off if you are not home
BBQ's can be arranged with a staff member- avoid bonfires.	Keep fire doors closed- do not wedge open.	Never cover fire/smoke alarms
If you are cooking do not leave the kitchen unattended.	Always report issues with smoke alarms, appliances, fire doors and anything else that could be a hazard	Use electronic candles, tealights, and reed diffusers instead of candles and burning incense



**Summer Games
& Picnic
in Queen's Park**





**Allotment and
Safe Haven in
Bloom**



Places to go in the community for food

Category	Title	Times/Days	Location	Price
Food/ Meals	Real Junk Food Brighton	Friday and Saturday 12:00-15:00	Gardener Cafe, 50 Gardener Street, Brighton BN1 1UN	"Pay as you feel!"
Food/ Meals	Real Junk Food Brighton	Tuesday and Thursday 12:30-14:00	St John's the Baptist Catholic Church, 2 Bristol Road, Kemptown. BN2 1AP	"Pay as you feel!"
Food/ Meals	Real Junk Food Brighton	Wednesday 12:30-14:00	St Luke's Church, 64 Old Shoreham Rd, Brighton. BN1 5DD	"Pay as you feel!"
Food/ Meals	Sussex Homeless Support	Saturday 13:00-15:00	Old Steine Gardens, Brighton BN1 1NH	Free
16-25's Food Market	YMCA Downlink YAC Community Grocers	Tuesday Wednesday Thursday 15:00-17:00	YMCA Youth Advice Centre (YAC), 11 St Georges Place, Brighton and Hove. BN1 4GB	Low Cost
Hot Meal	St Peters Brighton	Men- Wednesday 13:00 (men) Thursday 13.30pm (women) Saturday 5pm (everyone)	St. Peter's Church, York Place, Brighton. BN1 4GU	Free/ Donation
Meals/ Coffees	Crossover	Saturday 08:00-09:00 Sunday 08:00-09:00	York Place, Brighton and Hove. BN1 4GU	Free/ Donation
Meals// Food/ Vegan Lunch	Brighton Unemployed Centre	Wednesday 13:00-14:00 Thursday 13:00-14:00 Friday 13:00-14:00	11-13 Walpole Road, Brighton. BN2 0AF	£1 suggested donation