

The Clock Tower Sanctuary

Annual Review 2015/2016



Supporting Homeless Young People in Brighton and Hove

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"The average life expectancy for a male rough sleeper is 47 years old - 43 for women. We aim to do everything we can to prevent homeless young people from becoming part of that statistic."

Kate Kirkham, CEO

Welcome

A big hello to all our supporters! Reading this, whether you're a local resident, donor, have volunteered with us, a business, school or association that have supported us – you have all played a huge part in helping to care for and change the lives of some of the most vulnerable young people in our city.

It's impossible to live or work in Brighton and Hove and not to have noticed the huge increase of people sleeping rough on our streets. The number of people rough sleeping in our City continues its inexorable rise, 2015 saw a 36% increase from the previous year – the highest rate in the South East, and third highest in the UK (Homeless Link, 'Rough sleeping – explore the data', 2015).

Our Trustee Board met two years ago to develop a three year strategy to address this issue. They knew that to meet this increasing demand and to address the complex issues that underpin it (including family breakdown, abuse, domestic violence, mental health issues and substance misuse), we needed to expand our services.

Yes, we need to provide a welcoming, safe space where young people can address their immediate crisis needs – having a shower, eating a hot meal and a place to do their laundry. But we need to do more – to engage clients whilst they are still young. We need to help young people build their self esteem and self worth – to work with them to ensure a brighter future where they don't end up as adults with a life on the streets. So we have redeveloped our service – now taking a young person through five stages of increased engagement - enabling sustained, positive change.

This report follows just one of our many client's stories. We show you Will's journey and how, with the support of The Clock Tower Sanctuary, he got his life and future back on track after a sudden descent into homelessness.

On behalf of Will, and all the other homeless young people who use our service in Brighton and Hove – thank you for your support. You are helping change lives.



Kate Kirkham
CEO

P.S. Don't forget to check out our video "Will's Story" at www.theects.org.uk to find out more & to hear Will in his own words.



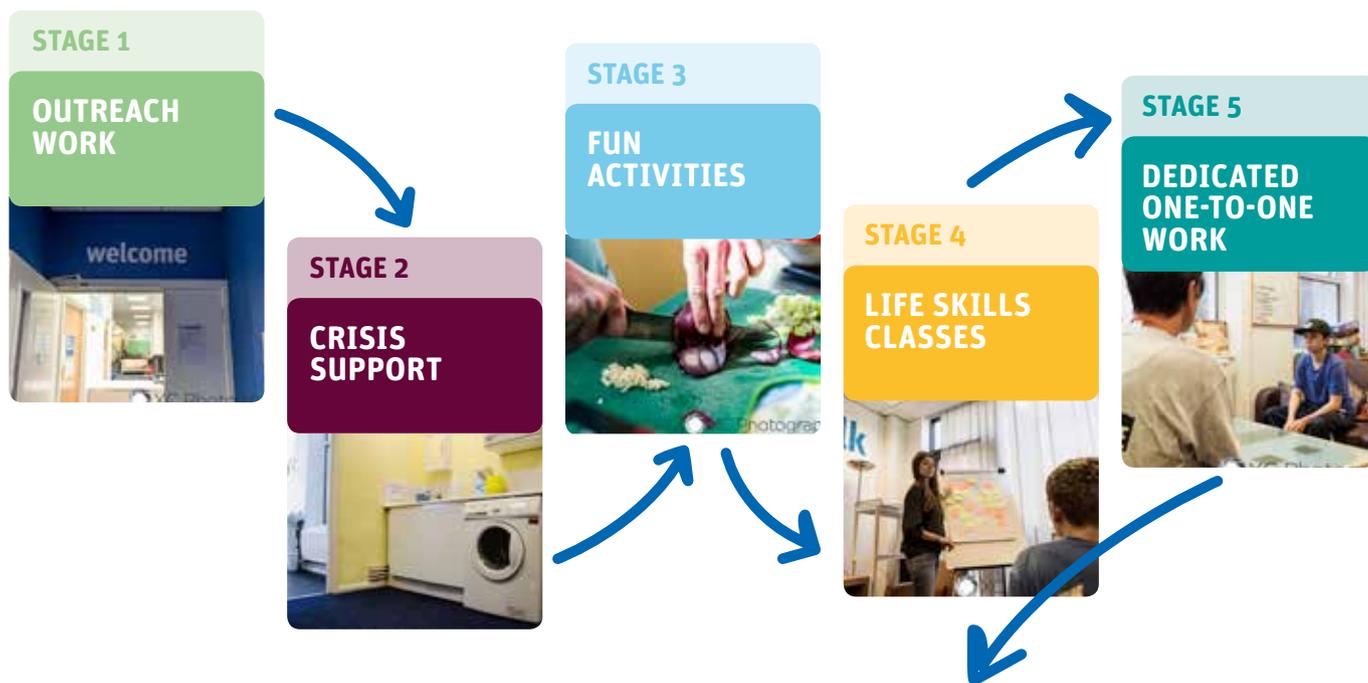
The Clock Tower Sanctuary is the only drop-in service providing all-round information, advice and support to homeless young people aged 16-25 in Brighton & Hove. Our centre is open 6 days a week.

Our Mission

To prevent vulnerable young people from becoming part of the long-term homeless population.

How we do this

To help make our mission a reality, we aim to take a young person through various stages of increased engagement to help enable them to make lasting, positive change and move out of homelessness.



MOVE-ON FROM HOMELESSNESS

Increased chance of obtaining and sustaining housing

Reduced harmful and chaotic lifestyle e.g. reduced substance misuse, self-harm

Enter training, volunteering or employment

Improved health and wellbeing

Stage 1: Outreach

Being homeless at any age is not easy. But young people – faced with some of the most challenging and dangerous conditions in Brighton and Hove – are particularly vulnerable.

We **reach out** to homeless young people and encourage them to visit the centre and access our range of available services.

We also know we can't create change on our own. We work in close partnership with a large range of public sector and voluntary organisations around Sussex, together sharing our knowledge and skills to provide a network of wrap-around support to our clients.

Will's story:

1

“The first night I was homeless, I didn't really sleep anywhere. I was just walking around with my rucksack, as that was all I had. It was tough. It was only then that the situation I was in really hit me.

It was lonely and dangerous. One night I got kicked by a group of drunken lads. I would stay out of the way so people didn't see me, mainly down in Hove.

A lot of people think homeless people are the ones sitting in the streets drinking all day, but I think, especially with young people, a lot of them don't really want to be seen. They are hidden and out of sight.

I first heard about The Clock Tower Sanctuary from another service. I was keen to visit as I heard it was for 16-25 year olds and I thought it would be better to be with people my age – who have the same sort of mentality.”



“A lot of young people who are homeless are hidden away.”

How young people hear about us:

43%

Referral from another agency

26%

Told by a current client at CTS

21%

Told by a friend or relative

10%

From a poster or internet search

Stage 2: Crisis Support

We provide a range of facilities to help young people cope with the practical problems that arise from homelessness and ensure their basic needs are met.

Staffed by volunteers, this includes access to a fully stocked kitchen and nutritious meals, shower and laundry facilities, computer and telephone usage, a postal address and drop-ins from specialist services. Above all, we offer a big smile and a friendly welcome to our warm, safe and inclusive centre.



Will's story:

2

“When I first visited The Sanctuary I had an interview with one of the volunteers and they showed me around. Everyone was so friendly and there was a really positive feel about the place.”

“Having telephone and internet access meant I could start looking for work and the laundry and shower facilities meant I could prepare for job interviews. I started to feel like I had a bit of control of my life again.”

IN 2015:

- We supported 167 young people
- 63 new clients accessed our services
- We provided:
 - 4,056 meals
 - 1,100 showers
 - 714 telephone usages
 - 73 Crisis Fund applications

"It was great jamming with everyone. I like poetry and I write a lot of what I am feeling down. It was really cool hearing my lyrics against a backing track."

Dan, 22, music workshop

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5



Stage 3: Activities

Often young people are reluctant to engage with services – this is often due to having been let down in the past. To try to overcome this, we provide a range of fun, informal and interactive activities throughout the week to help encourage initial engagement and build up young people's trust.

Activities include music workshops, table tennis, art and craft classes, cookery and yoga. We also run days out of the centre, chosen by our clients, including challenge days, grow'n'pick events at community allotments and pottery painting.

Some young people have not had the opportunity to complete their education or have been out of work for a long time. Such activities are crucial to help build young people's confidence, self-belief and to develop their motivation to engage further and to change.

Will's story:

3



"I particularly enjoyed yoga on Tuesdays. It helped to stretch and soothe the aches caused from sleeping rough. It was good to have some time just to sit and breathe in a quiet place."

Stage 4: Life Skills Classes

Often our clients have had difficult upbringings and have not had the opportunity to learn basic life skills that many people take for granted. We recognise that for young people to successfully progress and transition into adult working life and move on from homelessness, they need basic life skills.

In 2015 we launched an exciting new programme of bite-size, AQA accredited, LifeWise skills classes, which have been developed by homeless young people in partnership with the national charity Centrepoint. When a young person successfully completes a module they receive an official accredited certificate which boosts confidence and can be used alongside their CV.

There are over 25 modules which are delivered by trained volunteers. Our most popular modules include Living on a Budget, Healthy Eating, Dealing with your Emotions and CV Writing.



IN 2015:

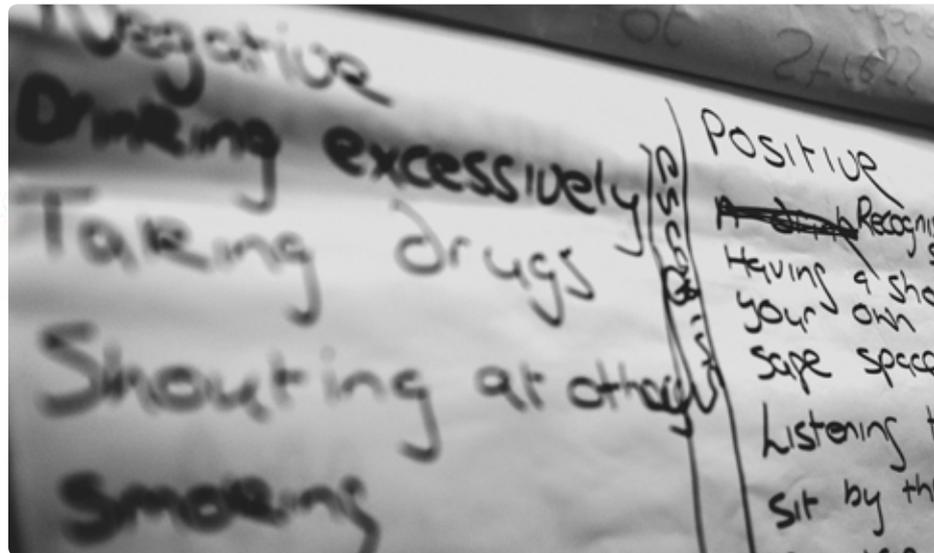
**46 young people achieved 153
AQA accredited certifications**



“There was a good variety of workshops on offer. I found the discussions and exercises about dealing with your emotions really helpful. It’s hard enough managing your emotions at the best of times, but when you’re on the streets it’s easy to turn your frustration in on yourself.”

4

Will's story:



Will's story:

5



“I never thought I would experience being homeless, but it can happen to anyone. It's a frightening, downward spiral that can just suck you up. I worked with the volunteers and the staff most days, making sure we were doing everything we could to get things sorted. They would go to appointments with me, speaking to other agencies on my behalf and were there to talk to when I was feeling down.

Looking back on my experience of being homeless in Brighton, without The Clock Tower Sanctuary I wouldn't be in the position I am now. I've got my own place, working full time with a building company.

I am well on my way to getting my life back on track and being where I want to be, doing the things I want to do and a lot of that is thanks to The Clock Tower Sanctuary.”

Stage 5: One-to-One Support

Every young person has their own individual needs and challenges. Having listened and developed a trusting, honest relationship with a young person, we are able to identify the most appropriate path out of homelessness for them.

One-to-one support is all about providing intensive, tailor-made help through mentoring, advocacy and case-working.

IN 2015:

**28 young people became employed
22 young people secured accommodation**

Our People

The Clock Tower Sanctuary is rooted in the local community and volunteering is at the heart of our work.

We have a small, lean professional paid staff team who are supported by a fantastic team of committed volunteers. In 2015, the drop-in day centre was supported by 65 volunteers, providing 8,781 hours of support. Using the Living Wage, this amounts to £63,223. What an incredible donation, we could not open without them!

The biggest thank you to everyone who has given their time, energy and commitment to make a difference. Volunteering with the homeless can at times be challenging and hard but it is also incredibly rewarding.



Alia Zein, Volunteer Project Worker

"You can see that the volunteers want to be here and genuinely care. When you work with them it feels like a team effort and they are a good laugh!"

Will

IN 2015:

16 volunteers achieved employment or training due to their experience with us



Get Involved

Volunteer

We're always looking for enthusiastic people who can commit a regular time to volunteer and help run our drop-in centre. We recruit throughout the year, so check out our website for more information and application details.

www.thects.org.uk/volunteering-with-young-homeless

If you are interested in volunteering your time in other areas, such as becoming a Trustee, fundraising, marketing or administration, please email: info@thects.org.uk

Fundraise for us

If you're looking to take on a challenge event or if your work colleagues or community group want to do something fun and helpful, we'd love to hear from you! Download our fundraising pack busting with ideas, from www.thects.org.uk to help you get started.

Our Supporters

On behalf of the young people we support, we'd like to say a big thank you to all our supporters and partners during 2015/16. Without their kindness and generosity we would not be able to carry out our work.

A special thanks to Will for allowing us to share his story.

We are inspired by the support we continue to receive. Thank you to all the individuals, academic institutes, churches, community groups and businesses for all the time, skills, money and gifts in-kind you have donated.

Particular thanks to our dedicated Trustee, staff and volunteer teams who make what often seem impossible, possible. Also, to our long-term and regular donors, including:



During Christmas 2015, we were lucky enough to feature on Pret's sandwiches packets nationwide!

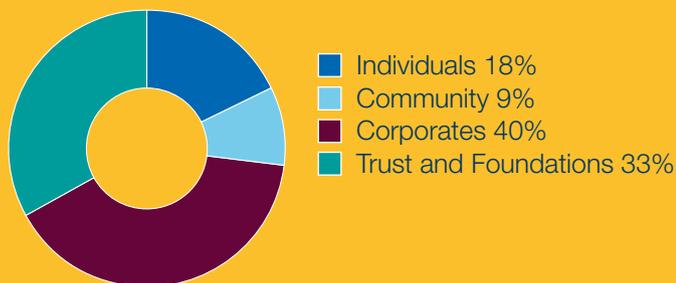


Our Finances

The Clock Tower Sanctuary is not funded by the local authority or other statutory sources. All of our income is gained through fundraising from a variety of sources with particular thanks to the local community in Brighton and Hove for supporting our cause.

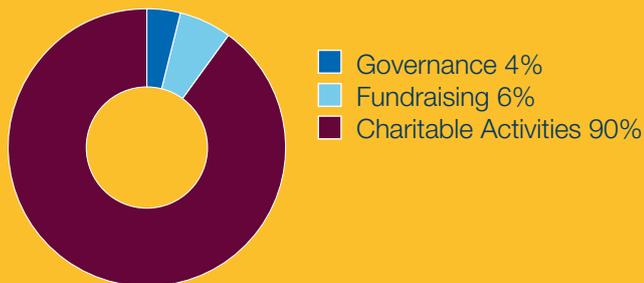
Income: £258,375

In 2015, our income was £258,375 – an increase of 87% from the previous year. This increase is primarily from corporate support and new funders, which has enabled us to drive forward our plans to expand our services in 2016.



Expenditure: £163,297

In 2015, our expenditure increased by 8% to £163,247 to reflect the expansion of our services.



We receive no statutory funding, all our income is gained through fundraising.

Governance

Patron: David Allam

Honorary Life President: Gerard Eaton

Our charity is governed by a Board of Trustees from the local community comprising a diverse mix of skills. The Board meets quarterly with a number of subcommittees taking place throughout the year.

Chair: Georgina Hovey

Vice Chair: Geoff Pike

Treasurer: Isabelle Doyle

Trustees:

Richard Denyer-Bewick

Simon Hughes

Susie Hudson

With thanks also to Anne Peterkin, David January, Hazel Harris, Patricia Weedall, Paul McClafferty and Sara Spencer for their contributions to the Board during this reporting period.

For more detailed financial information please visit www.gov.uk/government/organisations/charity-commission to see our full 2015 Trustees' Annual Report and consolidated financial statements for The Clock Tower Sanctuary.

How to help us

With youth homelessness continuing to rise, we need your help more than ever. Your donations keep our services going.

£5 could pay for a young person to have a shower, wash their clothes and prepare and eat a hot meal

£20 could pay for a young person to enjoy an activity day out and have a break from the chaos that homelessness brings

£50 could pay for a life skill class and enable a young person to achieve an accredited certificate

£200 could train a volunteer to provide one-to-one support to enable a young person get their lives back on track



LOTTERY FUNDED

Supporting homeless young people in Brighton and Hove

Wenlock House, 41-43 North Street, BN1 1RH

Telephone: 01273 722 353

Website: www.thects.org.uk

f [/thectsbrighton](https://www.facebook.com/thectsbrighton)

🐦 [@thectsbrighton](https://twitter.com/thectsbrighton)

Email: info@thects.org.uk

Ways to donate

By bank transfer online or at any Co-operative branch. Account name The Clock Tower Sanctuary, Sort Code 08-92-99, Account number 65472660

By cheque or CAF voucher. Please make payable to The Clock Tower Sanctuary and send to Wenlock House, 41-43 North Street, Brighton, BN1 1RH. You can also drop off cheques or cash directly to us at this address.

Online via JustGiving. You can donate directly or set up a fundraising page. Visit www.justgiving.com/theclocktowersanctuary

If you would like to leave a gift to The Clock Tower Sanctuary in your Will please contact us at info@thects.org.uk or call 01273 722353.

If you are a tax payer, don't forget to download and return a **GiftAid** form from our website. We can claim 25p for every £1 donated so this really does add up.

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The Clock Tower Sanctuary was set up as a registered charity in July 1998.

Charity no. 1146777

Company limited by guarantee 07311390

