

NEWSLETTER

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THANKS!

Seaview would like to recognise the contribution that outgoing director Mike Cornish made in his five years of service to Seaview and to wish him well in his retirement!

Seaview continues to be a vital community resource that is the sum of all its parts: Service users who continue to use our services and to enrich our practice.

We are very proud of our Peer Leader programme and the activities within the community as a whole that they have been helping us to link with. Volunteers who help keep our catering service and tea bar ticking over and who also support our fundraising and support activities. A dedicated and very resourceful staff team who manage to come together to keep things going through thick and thin out of commitment to the people who need and access Seaview supports daily.

These past few months have been quite challenging as we have faced a great deal of uncertainty regarding our core funding for the operation of our wellbeing centre services. The essential services that people rely on allowing us to offer warm nutritious meals, access to showers, laundry, healthcare and activities. We do now know that this funding will be continuing albeit largely now funded through health.

We have recently been successful in achieving funding from ESCC substance misuse services to deliver RADAR (refocus, assess, develop, activate, recover). This will allow us to develop more Peer services specifically around substance misuse recovery. We have been enriched by our exciting arts activities, gym sessions, computer sessions and women only activities. We still have a gap in this years funding but we are well on the way.

The Thursday homeless hub operating out of Seaview and involving a range of health and care partners will be expanding to include a GP service. As part of this Seaview successfully tendered for and won the Navigator and Healthy Activities components of the hub expansion and we will be helping people to access appropriate health and housing options alongside the Hastings Borough Council Housing Options worker appointed for the hub. We are coming through this period of challenge with a lot of hope for our future growth and development, as we work together to combat local homelessness and support a humane and healthy local community.



Seaview welcomes Annie Whelan as our new Chief Officer.

Interview with Annie
Whelan & Matt
Christodoulou

After 20 years in the US, I returned to the UK and worked for SEAP managing their mental health advocacy project as it developed from a Hastings based service to a wider project. In 2008, I went to work for MHPF, an umbrella organisation for over 60 others, responsible for mental health services, interfacing with the Department of Health and bringing a 'voice' to the mental health voluntary sector. My role involved developing new tools, training packages and new models of service as well as representing mental health at the Department of Health Voluntary sector strategic partners programme. Finally, I took a deliberate step back into local work and, although I enjoy seeing impact on a national and local level, I prefer the immediate results of my local work at Seaview.

MC- In a perfect world and with a magic wand, what would you 'conjure up' for Seaview if you could?

AW- I would want to rebuild our housing offer, which has changed a lot over the years. The dream would be to find suitable housing for local clients, with Seaview able to provide a housing service that really helps the local community. As well as this, I would like to see the time where Seaview's work helps to empower service users to the point where there is a noticeable economic impact in the local area. Finally, we believe that clients are underused as a local resource, so we want to be invested in local services and encourage service user participation as much as possible.

MC- What do you think are the biggest challenges Seaview may face in the next couple of years?

AW- Funding, as always, is a huge issue for charities, anywhere. A large part of my role is to continue with funding applications and ensuring we survive. Also, we want to develop a real pathway for people to deliver positively in their community, which is always a challenge. Of course, we also want to continuously improve our relationship with local partners, linking up with other agencies and offering a complete local service.

MC... and finally Annie, to end an interview with something completely different- tell us a fun fact about yourself!

AW- Well, as well as living in the United States for 20 years, I am a quarter Chinese on my Mother's side and was born in Uganda, East Africa.

MC- Thanks again Annie, and welcome to Seaview!

Meet Matt C

Day Centre Worker

I started in January 2016, as a Day Support Worker on the Seaview floor. My role is to try to help service users in any way I can, from housing support with the housing team, employment advice to referrals to partner agencies and charities. I also aim to be available in the centre for anyone who wants to come in and simply have a chat or talk about any issues they may be facing.

Since beginning at Seaview, I have felt really welcomed by the team, management and the service users too- and I am really enjoying the challenge of working with some of the hardest to reach service users in Sussex.

My previous experience has been varied to say the least! But between journalism, photography, running pubs and retail, I have worked for CRI (in domestic abuse and family intervention services), the Citizen's Advice Bureau (as a General Advisor), Voluntary Services Overseas (in South Africa and the UK) and Xtrax Young People's Hub, where I ran a three year skills programme funded by the "Big Lottery".

Thanks for having me! And I look forward to helping Seaview continue their incredible work.



Meet Rebecca C

Runs Art Workshops

Hi I'm Rebecca and I run art workshops at Seaview every Monday, Tuesday and Friday (see page 5 for more information on the Arts Project).

I trained in Theatre Design and worked in London for over 15 years as a professional set and costume designer and prop maker. I worked for the Royal Opera House, Bush Theatre, The Lyric, London Bubble, the English Touring Opera and many more.

I then wrote regular featured craft articles for the Guardian, Aquila Magazine and for Hastings' local Independent Newspaper.

I am currently co-director of Radiator Arts, a local community arts company who produce large scale events, parades and installations.



Meet Ruth Britsch

Women's Accommodation Support Worker

I am based at Seaview every Wednesday, Thursday and Friday, my role is to support former entrenched rough sleeping, homeless and insecurely housed women to secure and sustain longer term housing through wrap around holistic case work accommodation support. That means that alongside support to find, secure and sustain accommodation, I can support women with any emotional and practical issues that are negatively impacting on their lives and on their housing situation.

For example substance misuse, mental health, domestic violence, offending, or social services involvement. I work with women to link them into, and support their engagement with specialist services, and to access activities and opportunities in the community to decrease social isolation and build self-esteem and confidence.

I am able to offer support throughout the process of finding accommodation, moving in and continue to support women long term once they have settled to support them to maintain their accommodation.

The amount of support offered is led by women's needs and circumstances at any time, and women will not be excluded from the service if they are unable to engage fully for any period of time. I can meet with women at Seaview, Probation Offices, STAR or any other place that they can easily access.

THE BIG SLEEP IS BACK!



On Friday September 30th, Seaview is holding its second mass sponsored sleep out at The Stade Open Space, Hastings. The Big Sleep aims to highlight the growing concern of homelessness and rough sleeping in our local area whilst raising awareness and vital funds to support the work of Seaview in our quest to tackle homelessness.

To take part you need to register, raise a minimum of £25 to release your ticket and be prepared to sleep out in a cardboard box. However, between 8-10pm all will be welcome to watch live performances by King Size Slim and the Rufus Stone Band. The event will be hosted by Steve Furst, comedian, actor and writer as seen in The Wright Stuff, Dick and Dom and St Trinians.

The Stade Open Space will then be closed to all except sleep out participants who will have access to an acoustic set around a brazier and more fun from Steve Furst. A free soup run and hot drinks will be available throughout the night with porridge served the following morning.

Why not join us and sign up, raise sponsorship and make the Big Sleep 2016 a night to remember.

Registration is now open at:
www.thebigsleephastings.com Homelessness and rough sleeping won't go away tonight or even tomorrow, but with your help, we can make a difference!

Brighton Oasis Project Womens Activities Co-ordinator based at Seaview

The Women's Activities project for BrightonOasis Project is based at Seaview, supporting women with Multiple and complex needs to become engaged in a variety of activities in Hastings and St Leonards. Currently we run a Women's only gym session out of Seaview on Wednesdays 10-10.30am followed by a 'Womens Group' there at 11-12pm. We also work with a variety of organisations in the community including; Chapter 1, Respond Academy, the Refuge and deliver a weekly film club with ESRA on Thursday afternoons 2-5pm in the town centre.

The idea is that the project is co produced and service user led, supporting women who want to get involved in activities but don't feel able to access them alone. Hopefully the women involved will guide to project, so who knows what we will be doing in the coming months!

There is also some scope for one to one engagement between the coordinator and the service user whereby we find out what activity the service user would like to be involved with and we try to facilitate that activity, while offering ongoing support.

This project is about helping women to pursue old or new interests, strengthen and enhance their networks of friends and local community contacts and, hopefully, feel more settled and connected. There is no referral system in place, just an introduction is required. If you or anyone you know is interested in this exciting project then please get in touch;

Kelly.Kavanagh@brightonoasisproject.co.uk or call/text Kelly on 07436 289088.

Art Workshops Every Week!

Since Rebecca C started in the new position of arts worker in January she has provided 3 weekly sessions on Mondays, Tuesdays and Fridays from 11- 12.30pm. These sessions provide a variety of arts activities and opportunities for positive social engagement. The sessions have slowly attracted more of the service users so now we average about 8- 10 people a session.

Activities so far have included mono- printing, puppet making, clay modelling, collage, model making, painting and drawing and more!

We have a year of projects planned with the first having just been completed with local community arts group, Radiator Arts in their project, 'Hermit- A life on the margins'. This show involved visiting artist, Mary Hooper, coming in for 6 weeks to provide support for service users to create models, set designs and record vox pops which then featured in the exhibition held at The Stade from 1-3rd April.

This successful event had over 400 members of the public attend over the weekend and has now been asked to re- exhibit at the Arts Forum in St. Leonard's for a 2 week run in May. Seaview choir performed at the event and learned new material written especially for the show.

Overall the show was a great success and the service users involved really enjoyed the experience to work with professional artists and be a major part of a high profile show. All of the responses from the public in the visitors book were very positive: **'Magical- good link with the Seaview and current issues.**



Enjoyed seeing this, collaboration between Seaview was wonderful. Great creative ideas Radiator Arts thank you. Hastings community is inclusive.'Julie Ford'. 'Inspiring and beautiful- a great way to raise awareness of homelessness today 'Elaine Partington'.



Really inclusive of all attitudes and aptitudes to art, inclusive of varied political, historical interests too. 'Really good to see the research and work in progress, I adored the cardboard caves ! "G. Coupland". We have also been visited by photographer Adrian Peacock who has been working on a very exciting portrait project with the service users and staff of Seaview and we have also had local artist and co- owner of shop 'Made in Hastings' who has been painting portraits of the dogs that come in to the centre. She plans to make these beautiful paintings into greetings cards with £1 of every sale going straight to Seaview.

Other news over the next 7 months is that we will also be involved in the Hastings Speaks project, creating a puppet show with Janey Moffat and her Craftination Factory, working on the 1066 project with artist Caroline le Breton, creating outfits for the Charity shop challenge for fashion show 'Front Row', Designing a giant/ animal for Hastings Carnival and we will also be creating our own poetry book by the end of the year!

Janey starts with Seaview making puppets over 6 weeks, each Monday and Tuesday, working towards a final performance.

UPDATE: From St John's Ambulance Homeless Service

For those who may not know, St John Ambulance provides a nurse-led health service within Seaview, including wound care, general health advice, first aid, pregnancy testing, time to talk, and more. We'll see absolutely anyone at our clinics, but if you're homeless, we'll do our best to make you our priority.

We're here 12-2pm on Mon / Tues / Thurs / Fri. We also provide specialist foot care every Monday and every fourth Thursday.

Over recent months we've been very pleased to welcome quite a number of new volunteers, including 2 new nurses: Janet and Dawn (pictured L-R).



Other new general volunteers you might meet include: Amy, Georgia, Shaffick, Tony, Joe, Delia.

Our general volunteers, as well as our nurses, come with a rich variety of life and work experience, and all undergo a training programme, including listening skills and First Aid, before they start volunteering with us.

As a result of the new nurses starting, you may see less of Roger at Seaview over the coming months. However, he is usually contactable for advice and will often pop in if needed, for nurse prescribing or other matters: just ask one of the St John team in the purple polo shirts!

Trustee runs the Hastings Half Marathon'



A couple of years ago I started running. I even joined a running club. Actually it was a breakfast club, with a running problem. I only went for the breakfast; I hated running. I basically just did it to get fit and so I could eat

loads of food. I could manage about 5 kilometers – anything further I felt was beyond me and reserved for 'real' runners.

Then a friend asked me to run Hastings Half Marathon with her, and due to a hangover fueled new-year-resolution induced moment of crazyness, I said yes. Then I panicked. But I got a training plan and realised that all I had to do was follow the plan - it was reassuring. And actually, after a week or two, I realised what a difference having a goal made to my feelings about running - I even looked forward to going out for a run.

I've been a trustee at Seaview for a few years now, so when I mentioned to Sue that I was running the half marathon, I didn't have much of an option when she hopefully asked if I would make it a fundraiser. It's awkward to ask for sponsorship, but actually I always feel proud to have the opportunity to talk about Seaview and the incredible people there. I was overwhelmed by the support I received.

So the day came and I was incredibly nervous, but the exhilaration as I set off with thousands of others, as well as the enthusiasm of the supporters, carried me through the 13 miles. I realised that to be a runner, you just have to run. I'll never be the fastest, but I can always challenge myself and achieve something. So I signed up for another half-marathon... It's good to have a goal.

- Caelie



Poetry Corner A place where Seaview service users can use their creative skills!

*I went away at Easter
For a little break
I only went to Crowhurst
Just for Jesus' sake*

*We all had a nice time
It was lots of fun
We had nice things to eat
and a hot cross bun*

Seaview

*Looking over the world from the edge of your tea cup,
each tea provided at 15p and you'll find one if you're
skint....
(Don't tell the Seaview secret)*

*Where weak become heroes
and all you pretty things, with survival instinct and
flowers in our hair.*

*Weak become heroes, the stories of wit and survival
at the hands of 'Ye Olde Govt' (human rights criminals),
are blessed and shining.*

*Housing, sanctions, assaults of criminal underclass,
the losers shall be winners
Bob Dylan said, and that's true here.*

*As we work to keep people alive, fed, clothed,
clean and fresh, advised and connected,
The food is second to none and plentiful on a tight
budget.*

*Art groups thrive, choirs sing, Thai Chi and Gym, Peer
Training,
computers, women's group and even Seaview bikes and
newsletter highlights.*

*No one here will starve!
As the washing machine hums and the phone rings,
we love and thank you Seaview
and know this project will go from strength to strength,
under the stewardship of extraordinary people.*

- Hazel Lambe

*We had Easter service
The candle was lit
We all enjoyed it
and it left us fit*

*Soon it was over
Time to return back
To the usual duties
and the usual track*

*A little pig once went to
school
To see if he could find
Why noses always go in
front
and tails hang down behind
They taught him to read and
Write*

*and what are two times two
and where the finest acorns
grow
and why the sky is blue*

*The little pig went home at
last
no wiser than of yore
still his tail hung down
behind
his nose still went before*

*He fretted till he grew
quite
Thin
and sadly sad and sighed
Until one day a fat old Sow
the little piggy spied*

*Your nose must go in front
you know
to show you where to go
There's nowhere for a tail
to
be,
except behind you know*

*The little pig is happy now,
as fat as fat can be
and still his nose goes on in
front
and his tail wags merrily*

- Evelyn

Seaview

*You see this building, which looks like any other?
But it's not in disuse and it's not undercover,
You open the door and surprised what you see
You're offered free toast and a hot cup of tea.
The people inside, time for you they can spare,
And they show to you - YES - there ARE some who
care!*

- Paul Sweeney

Seaview Poetry Anthology

Seaview service users are creating an illustrated poetry book of original works, inspired by their own experiences and surroundings. We welcome any writing, images or anything else you want to contribute.

Anyone wishing to be part of the Anthology should contact Rebecca in the centre or via r.child@seaviewproject.org.uk

Activities

All activities are based at Seaview unless stated

Monday

Art 11 - 12:30
Mens Gym 10 - 11:00

Tuesday

Art 11 - 12:30
Womens Gym 11 - 12:00
Choir Practice
Bingo 14:00

Wed

Computers 10 - 12:00
Womens Group 10:30 - 11:30
Open Gym

Thursday

Health & Welbeing Hub for Rough Sleepers
8:30 - 12:00

Friday

Knitting Group 10:30 - 11:30
Art 11 - 12:30
Pool Competition 11:00

NEW OPENING HOURS

Monday, Tuesday , Friday 10-4pm

Wednesday 10-2pm

Thursday 8.30-2:30pm

NB. We are opening earlier on a Thursday due to the expansion of the Housing and Health HUB held at Seaview on Thursday mornings. A number of agencies will be present 9am-midday and include HBC Housing Options Team, Adult Social Care, STAR and Homeworks. A simple breakfast will be on offer from 8.30am.

An Update from Maggie



First of all, keep your eyes peeled for an upcoming project with Time to Shine. It will be a very exciting musical adventure culminating in a grand finale and production of a new Seaview C.D.

BECOME A FRIEND OF SEAVIEW

If you would like to support our work, please consider becoming a Friend of Seaview. For a minimum donation of £ 3 a month you will be helping to support the work. In return we will send you a Seaview Quarterly newsletter and will invite you to all special events.

**For further information please contact us
Monday-Friday 9-5pm on:**

Tel: 01424 717980

E mail: admin@seaviewproject.org.uk

or visit our website

WE CARE FOR OUR ENVIRONMENT

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