

THE seaview NEWS LETTER

practical services for complex lives

 **seaview**
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WINTER 2021



Spring is Just Around the Corner!

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The team at the Seaview Project has been edging its way forward through the freezing COVID fog, adapting the service while making new staff feel welcome: Lily our Community Arts Worker, Molly our Donations Coordinator and Emma who is coordinating food distribution are all bringing something magical to the Seaview offer. The team have been shining their light, offering re-assurance to those who have been struggling with their health and wellbeing during these darker months.

Reflecting on how much our amazing team achieves every day, starting before dawn and offering a service 7 days a week at present, it is truly humbling to see how Seaview services work collaboratively with our local partners, helping people transform their lives. This transformation often begins by communicating acceptance, showing our clients that we are there for them. Every interaction is crucial as our work serves to counter feelings of loneliness and isolation, sometimes alienation too.

There's more than a hint of spring as we start to get settled into new routines. It feels really positive to be working together with partner agencies and starting to make some longer term plans again.

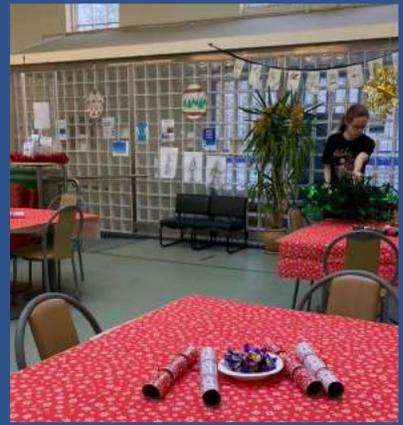
Dave Perry, Chief Officer



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Christmas at Seaview!

Christmas can be a challenging time for a lot of our service users, and this year seemed to be particularly tough for most of the country as the pandemic still set in a sense of fear towards seeing loved ones and the risk of being in close contact with them. In true Seaview spirit however, we weren't going to allow this to rain on our parade! We remained as open and accessible to as many people who needed us as we could, operating nearly every day during the festive period and only closing for Christmas day and Boxing day. We even created a festive newsletter filled with activities for our service users to enjoy! Here's just a little insight into how Christmas looked for us...



Christmas Carol Concert

One of the highlights of the Seaview calendar is our annual Carol Concert held at St John the Evangelist Church, St Leonard's. Having been unable to hold the event last year because of Lockdown restrictions, we were determined to put on the event providing Covid guidance would allow. After a few last minute changes to the running order and against the odds; a beautiful service was held.

Eleanor Busby, Seaview RADAR Worker stepped in at the last hour to open the event with a beautiful version of O Come All Ye Faithful supported by the revered opera singer Jenny Miller. Although we couldn't offer congregational carols this year, a feast of musical acts followed including up and coming singer Archie Norris, acapella group The Sea Tones, The Father, The Son - Keith and Harry Osbourne and headlining the event Seaview service users featuring Seaview's Choir and music group, performing with Barefoot Opera's Jenny and Lucy.

Between the music, we heard from Seaview Chair Anna Barnes, Hastings Mayor Cllr Bacon and Chief Officer Dave Perry sharing information about the work of Seaview. John Stiles also read a moving life story from a former Seaview service user who used to live on the streets. It was clear from the information, Seaview staff are prepared to go that extra mile to make sure service users have access to essential items and services as well as hope to those who most need it.

Seaview would like to thank all who performed and spoke at the concert, the congregation for coming along to support, Seaview's A4A group for organising, those who donated and Seaview supporter John Stiles for the photos that can be seen here.

We look forward to holding the event again in 2022 and in the meantime on behalf of everyone at Seaview we wish you a very happy and healthy new year!

Carol Singing around Hastings



Our Seaview Choir also had the wonderful opportunity to do some carol singing outside Morrisons and Priory Meadow in Hastings, raising over £98 from the Morrisons carol singing alone!

It was a great way of getting involved in the community and seeing our supporters whilst they were doing their Christmas shopping, and also an incredible opportunity to celebrate the work we do at Seaview too! Getting out and about and connecting with those around us links in with the 'Five Ways to Wellbeing' ethos as well, so overall it was a very wholesome event.



Christmas Dinner at Seaview

Like most people we were hoping that this year's Christmas Lunch would see our usual high numbers, but the Covid variant Omicron prevented that and we had to continue with limiting the numbers in the Wellbeing Centre. That didn't stop the amazing cook Lynton, with the assistance of Josh, providing over 40 people with a fabulous Turkey Christmas dinner.

Staff arrived early to put up decorations giving the centre a real festive feel. We were able to do two sittings of twelve with our usual free raffle. Everyone got a prize. With a few people arriving late, we provided sit down meals for 30 people in the centre.

Alongside this, we provided 15 take away dinners for those clients who are too vulnerable to leave their homes or in temporary accommodation with no cooking facilities.

The feedback from the clients was that it was a truly delicious dinner. Once again, well done Lynton and Josh.



Covid Adaptions in the Centre

As the number of people getting Omicron was soaring, we thought we should act appropriately to protect our service users and staff. We dropped the numbers to 12 in the morning and another 12 in the afternoon with two lunch sittings.

We did have to turn some people away but always asking if they had any immediate needs and reassuring them they were welcome back in the afternoon. We kept side rooms available for anyone to have appointments with the other services based at Seaview or any outside agencies that needed to meet our service users.

We are all looking forward to slowly and safely opening our doors and relaxing the restrictions. We have worked very hard to keep everyone safe and serve the community to the best of our ability.

Arts at Seaview

This month I started my position as the Arts Worker for Seaview. I'm part of the RADAR team, and have enjoyed getting to know everyone. It's been incredible to see how much energy the staff put into their work, and the care they show their clients and the positive affects that show.

I've learnt about Seaview's "bottom up" ethos as an organization and its history in the community. I have tried to plan art around the service users' needs and desires. At the CGL Women's Group, we've been doing collage and image making. In the Wellness Group with Eleanor and Jodie, we've been adding simple art exercises that can give those who don't feel "artistic" an introduction into creative practice. This week Jodie and I have started painting the gym alongside our amazing service users. We hope the Gym can be up and running within a week or so.

Coming soon, I'll be doing a pizza making workshop for service users in the Wellbeing Centre. All ingredients will be provided by Hastings Food Action as a fun way to make dinner together. Hopefully it will be the first of many.

In the near future I'll be helping with an art project here called "Now You See Me." I will be looking at ways to collaborate with Hastings Fringe Festival, A Town Explores a Book, and other community art projects. At Seaview I'll help to create a sensory area and collect ideas to best create a Tree of Life for those we've lost. If you have deas or questions come find me. I'm still new and getting to know you all, but I've heard so much praise from the service users about how much you've helped them. I'm proud to be joining the team.



Lily, Community Arts Worker



Kitchen: Day in the Life



Following on from our 'Day in the Life' series designed to spotlight each service and the hard work that goes into each one, in this episode we followed the life and work of Lynton, our chef here at Seaview. He spoke about what encouraged him to work here at Seaview, and what his daily tasks consist of.

Cooking daily for a large group of people is no mean feat; Lynton always makes sure our service users are fed a meal that's not only nutritious and filling, but tasty too. Hearing more about his story and his background was truly inspiring, and we hope you'll be touched by it too. Scan the Zappar code to the right to listen to his story and watch the video!



A CELEBRATION OF RECOVERY
SEAVIEW'S
GOT
TALENT

27.04.22
Wednesday 27th April 2.30pm
Speak to the RADAR team: Jodie, Eleanor, Jade or Lily to enroll your talent and be part of the show.



SASS

SASS, Seaview's Accommodation Support Service offers tenancy support for former entrenched rough sleepers to help them maintain their tenancies. We also look at helping to get grants for white goods and other essential items to help maintain independent living. Most of our clients have various complex needs and a regular, supportive hub around them has proved to be beneficial in many ways and not just tenancy support. Our aim is to empower the clients and although we are providing a service the client is very much at the centre of what we do. A few words from Lee Humphries our SASS Support Worker:

Here at Seaview's Accommodation Support Service we are supporting our clients during this Covid period. We have assisted clients with attending clinics for vaccinations if they have wanted this and helped with food parcels throughout the year due to the cost of living rising. We have also referred clients living in fuel poverty to other agencies and have been able to supply emergency gas and electricity for client experiencing fuel poverty. We are also encouraging clients to engage with our Wellbeing Centre where they can access subsidised hot cooked food offered and to use the other facilities here. As well as accommodation support we have been engaging our clients in ongoing drug and alcohol support. This has also included accompanying clients to residential detox and rehab. We work proactively in making sure our clients physical health issues are addressed by linking them into the appropriate agencies and accompany them to appointments. Some of our clients have attended the Hep C/ Liver clinic held at Seaview on Wednesdays. We work alongside many partner agencies across the borough both statutory and voluntarily sector and we have built up a good working relationship with these agencies. We are also offering a sign-posting service for various other housing issues such as pending evictions and with benefit appeals.

As part of Seaview, being in a position to provide food and clothing for difficult to engage clients has always been, and still is, a very effective method to help facilitate those possibly difficult early engagement processes. Thanks to funding from Nationwide Building Society and the Darvell Community, Seaview's Accommodation Support Service helps people with complex needs including a history of homelessness to rebuild their lives and avoid further instances of homelessness



Between October and December 2021, 53 people were verified as rough sleeping on our early morning sessions.

In response, our Rough Sleeper Outreach Team worked closely with partner agencies to help facilitate a significant number of placements into temporary accommodation and when activated HBC's Severe Winter Emergency Protocol (SWEP) accommodation.

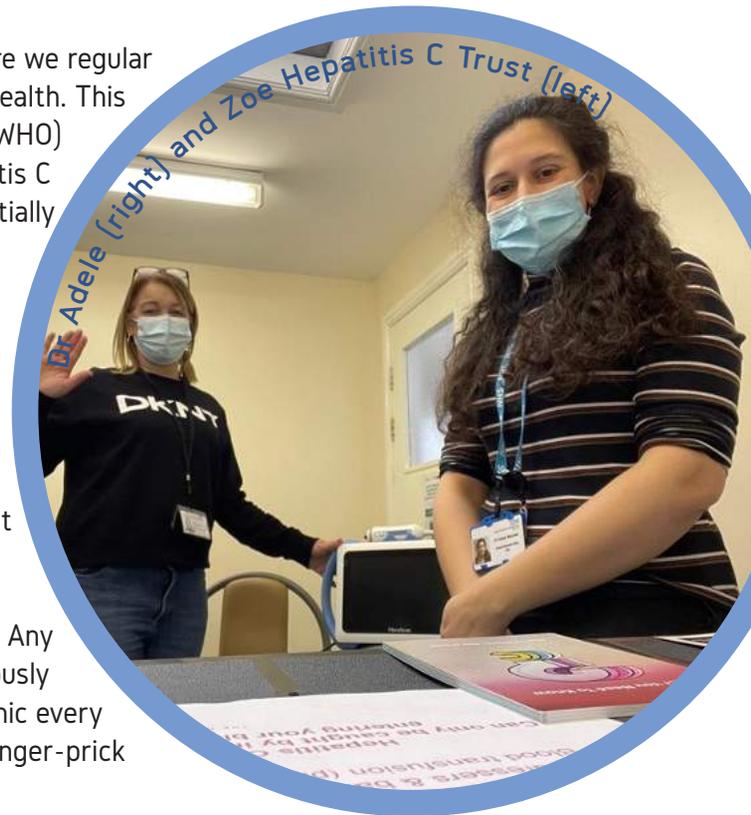


Hep C Liver Clinic

Seaview project has helped facilitate a weekly liver clinic where we regularly test for Hepatitis C, Hepatitis B and HIV, as well as assess liver health. This is part of strategies whereby the World Health Organisation (WHO) aim to eliminate Hepatitis C across the world by 2030. Hepatitis C is a virus that if left untreated causes liver damage and potentially liver cancer and often has no symptoms. It is most commonly spread through injecting drug use. Our research predicts that the prevalence of Hepatitis C in homeless groups is 30% and higher in those that have ever injected drugs.

These outreach services have been proven essential at engaging in vulnerable groups including people who are homeless. This 'one stop' liver clinic has proven to work in Brighton and it is our aim to spread our learning across the coast offering community clinics in homeless or community centres through Worthing, Bognor Regis, Chichester, Eastbourne and Hastings. Any service user of Seaview (or anyone currently homeless/ previously been homeless or in temporary housing) can attend a drop clinic every Wednesday 10-2 and have a painless liver scan and a simple finger-prick test for blood-borne viruses.

As part of this one stop clinic we also offer treatment for the Hepatitis C with the aim to reduce hospital visits. The new Hepatitis C treatment has changed drastically, and is now an 8-12 week course of tablets. The new treatment for hepatitis C known as direct acting antivirals (DAAs) is 97% effective with minimal side effects. We are hoping to eliminate the virus across all of Sussex. Seaview Keyworkers, our colleagues from project ADDER (Addiction, Diversion, Disruption, Enforcement & Recovery) and The Hepatitis C Trust are happy to support people in attending appointments and through their treatment where needed. If you are a service user and would like Hepatitis C testing or treatment, then just pop in to see Dr Adele at her liver clinic every Wednesday between 10-2pm where you will be greeted with a friendly smile and a nice cuppa. Alternatively, you can speak to the staff at Seaview or the Project Adder team for further information.

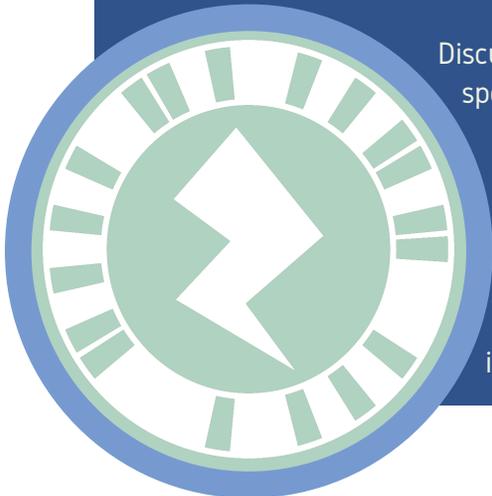


Radio Sussex Interviews Anna Barnes

Our Chair Anna Barnes had the opportunity to speak on BBC Radio Sussex about the issues of homelessness and rough sleeping that our community currently faces, as well as touching on some of the work we do here at Seaview. Anna discussed the uncertainty and problems that circle the current housing market, and pointed out how everyone is essentially 'two wage checks away from homelessness'. Anna touched on the fact that we saw over 820 people during the pandemic and delivered over 2000 food parcels to those who were isolating.

Discussing the problem of housing and those sleeping rough during the pandemic, spoke about how women in particular who were sleeping rough and were able to be rehoused in hotels and other temporary accommodations felt so much safer, and the wealth of success stories that actually grew from that.

This was such an incredible opportunity to spread the message of our services and mission to the wider areas around Sussex, to hear what Anna had to say you can use the 'Zappar' app to scan the Zap code and watch the interview play.



St John Ambulance Homeless Service Updates

As many of you will know, our nurses, volunteers and podiatrist now work partly from our mobile treatment centre (ambulance) and partly from the treatment room in Seaview.

Some of the things we can help with are: **wound care, foot care, nurse prescribing (for infections, wound care, skin problems, minor ailments and stop smoking support), general health advice, help to register with GPs**, and much more. We always aim to do this in a compassionate and holistic way, that is, listening to you and treating you as a whole person.

In 2021, 29% of our client contacts were for wound care, 8% for foot care, and we gave 25 flu jabs. Many of these interactions would have also included mental health support, harm reduction advice, help to access other services and/or just time to talk.

Our times at Seaview, at the moment, are:

Nurse: Tues / Thurs / Friday

Podiatrist (foot care): Tuesdays

All sessions at least 12-1pm (see below)

Because we go out to other individuals and places as well as Seaview, it's not always possible to say exact times we'll be at the centre. However, we are committed to being at Seaview 12-1pm but are often there earlier as well. We aim to finish at 1pm but will always stay on longer if needed.

People can still put their names on the whiteboard (same as pre-Covid) and we'll see them as soon as we can.

There are some changes going on within the Sussex Homeless Service. We have a new manager in post – Georgia – who some of you will hopefully meet soon. Christine, our podiatrist, is unfortunately leaving us – her last day is 15th Feb. And we're recruiting some new volunteers. As a result of the changes, we're hoping in the near-ish future to increase our clinics to 4 days a week and eventually 5 days. Watch this space!

In the meantime, our other team members that you're likely to see at Seaview are:

Roger: Nurse Co-ordinator (and prescriber)

Ann: Volunteer Nurse

Delia: Support Volunteer

Tony: Support Volunteer

Amanda: Support Volunteer

Lynne: Support Volunteer

Sophia: Administrator

Do come and say Hi to us!

For more information, please contact:

SussexHomelessService@sja.org.uk / 01424 435358.

Lynne (standing) & Christine (seated)



Dentaid Interview on Radio 4

We were so proud to be a part of Dentaid's interview on Radio 4 as part of "The Untold", a series that investigates the untold dramas of 21st century Britain.

The episode really highlights the problems in healthcare access, especially dental care, within our community. It's some very insightful listening, and the best news is it's not too late to catch up!

You can listen to the full interview here: bbc.co.uk/sounds/play/m0011rsn



The Harm Reduction Project

Also known as 'Diversionary Activities Project' (DAP)

We are Julia & Colin and we are the Seaview DAP Workers providing diversionary activities and harm reduction advice for people in temporary accommodation in Hastings.

The diversionary activities we provide are entirely client led, whatever interests the client, we will do our best to source it in our local community. For example some of our clients have got involved with the 'Greener Futures' project which has great opportunities running in Hastings Country park nature reserve, Alexandra park and Combe valley countryside park. Our clients say "spending time outdoors makes them feel good". We have access to free 3 month 'Leisure for Life' gym and swim passes which we have had great interest in, our clients that have used it express "how much working out and swimming has helped with their mental health".

We further support clients by providing any items they need to engage in their chosen activity e.g. football boots, sports clothing, art materials and bicycles. We also have provided tablets and mobile phones sourced from the Digital Inclusion Project. This has enabled clients to seek employment and training whilst maintaining contact with family and friends.

Clients can self-refer or be referred by other organisations we work with e.g. Star, Care Navigation Project Adder, NACRO and Temporary Accommodation providers. We regularly visit

temporary accommodation sites to seek new clients and promote awareness of the Diversionary Activities Project.

A further facet of our work is promoting training to temporary accommodation staff. Overdose prevention and trauma informed care are some of the training modules that temporary accommodation providers have accessed.

"Building relationships and getting to know clients and working with them is a valued major part of my role. No day is the same and challenges and obstacles often arise which I enjoy seeking solutions for, knowing that I am supported by Seaview colleagues"

"I really enjoy doing my job as I love to see people grow over time and with support keep working through their recovery journey and discovering new activities that make them feel happy and fulfilled."

"I'm always treated respectfully and feel valued by Colin and Julia, my situation has improved a lot since we started working together."



Colin



Julia



Project ADDER and the CGL Clinic

Hastings is one of the five pilot areas for Project ADDER, according to the most recent statistics, Hastings rate of drug related deaths is disproportionately high compared to the rest of the England.

Over the last 12 months there has also been an increase of 32.6% in drug related crime.

As part of a new provision Seaview has been commissioned to provide an outreach and engagement service for: Rough sleepers/street community and others predominantly effected by (but not limited to) crack and heroin use, with the aim of helping engage them with drug services, providing harm reduction advice and information, outreach engagement, and beneficial sign-posting to other agencies.

We will be working closely with our partner agencies particularly CGL (local organisation specialising in substance misuse and criminal justice interventions), with the aim of helping clients access treatment.

As part of our Project ADDER brief we are always looking to how we can work in innovative ways to reach our cohort of very difficult to engage clients.

With that in mind we now have a CGL clinic at Seaview, once a week on a Tuesday for clients needing substance misuse clinical interventions.

Many of Seaview/CGL service users find it difficult to attend appointments at Thrift House in Hastings Town centre, this can be for various different reasons. The Seaview clinic now offers an alternative.

The clinic can offer: Assessments, clinical interventions, MH nurse interventions and Titration appointments.

Our outreach team help clients attend these appointments. This new clinic has helped many of our more difficult to engage clients a chance to get their needs met outside of CGL's regular building. This new clinic also offers a more flexible approach and clients needing to be seen can also do so without formal appointments if there is time available.



Facebook Post Notifications

Never miss another post! Here is how to turn on your post notification settings on Facebook to ensure you get notified with regular updates and news from us:

- From your News Feed, tap Search at the top of Facebook.
- Enter the name of the Page and choose from the results.
- Go to the Page.
- Tap the page and then tap Following.
- Tap Edit Notification Settings.
- Select the type of notifications you want to receive (example: Standard, Highlights or Off).

Standard notifications notify you of ALL of our posts, highlights notify you of - well, the highlights!



Contact Info:

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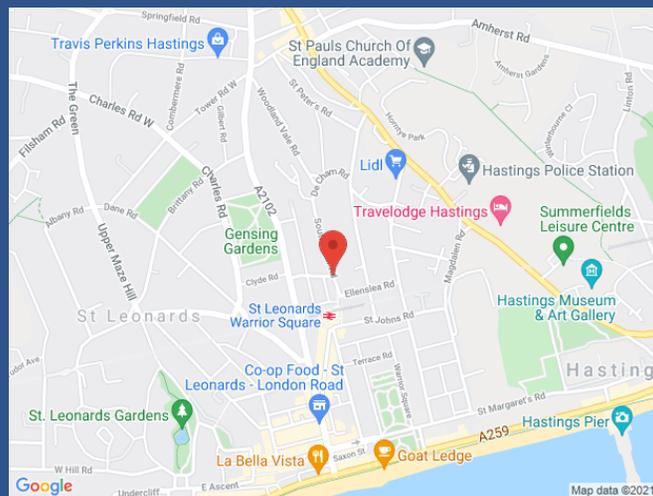
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