

THE seaview NEWS LETTER

practical services for complex lives

 **seaview**
practical services for complex lives
AUTUMN 2021



Maintaining the Seaview Spirit

- 1 Maintaining the Seaview Spirit
- 2 Forward from the Chair
- 2 The Big Sleep Bubble
- 3 Outreach: A Day in the Life
- 3 Seaview's AGM
- 4 Introducing RSI & Housing First
- 5 Men's Group
- 6 Bloom Britannia
- 6 Music Group
- 7 Women's Group
- 7 Alcohol Awareness Week
- 7 Weekend Opening
- 8 Facebook Fundraising
- 8 Gym Inductions

**The Wellbeing
Centre is now open
on weekends!**

Welcome to the Autumn edition of the Seaview newsletter. The Wellbeing Centre has been a busy thriving hub, serving up the usual delicious array of home cooked fayre while delivering more to people living in temporary accommodation. As well as making people feel welcome at Seaview, the team have been helping to tackle some of the problems that have arisen during long periods of isolation as a result of social isolation and loneliness along with more complex presentations from the diverse groups that use our services.

We have been delighted to be able to complement our weekday service provision as we re-open at the weekends.

Seaview continues to support so many people in Hastings and Rother with their tenancies to prevent further homelessness while our outreach services engage those who are rough sleeping and experiencing a range of complex needs which need addressing amidst the process of re-housing.

There have been some incredible examples of agencies working really well together, not least of all as part of Project Adder and our team have shown us how the clients' experience is so much better when agencies really pull together.

The Seaview spirit inspires me as we face challenges head on, supporting those we serve, finding solutions that are sustainable by enlisting as much support in the community as possible.

I feel we are supported in so many ways and I feel a great sense of gratitude to all those that make Seaview a beacon of hope for everyone that needs it.

Dave Perry, Chief Officer



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Forward from the Chair

I have great pleasure in introducing the Autumn edition of the Seaview Newsletter.

The features demonstrate very clearly just how much work is going on linking our clients into the fantastic and supportive local community.

We are so proud of the work we do with people who are living close to the edge in terms of housing, clothing, food and income, but more than that we want our service users to feel that we value them and their individual talents, abilities and interests.

The activities described in the newsletter show the sheer breadth of what we do, from the basics right through to participation in nationally renowned cultural activities like Barefoot Bloom. This also goes to the heart of what the RADAR Team does: acting as role models of recovery and community participation. In this way we encourage people to re-establish connections to the wider community and create their own journey toward recovery.

Have a Happy Christmas!

Anna Barnes, Chair



We have 34 clients sustaining their tenancy with Housing First Support.

The Big Sleep Bubble

Seaview's sponsored mass sleep out The Big Sleep, returned this autumn in a new and refreshed format called the Big Sleep Bubble. Asking the general public to sleep out in their own outdoor space either individually or within their own support bubble, with only a box or limited items to protect against the elements.

Taking place on Friday 1st October, the night began with a live stream introduced by Seaview's Digital Worker Sinead Kennedy, highlighting the issues faced by homeless people and explaining how funds raised by the Big Sleep have supported Seaview's vital work with rough sleepers. An interactive music performance by up and coming musician Archie Norris followed the introduction, with Archie asking for requests for an upbeat sing-a-long.

Soon after, the sleep out began; the night was cold and a challenge, seen in a vlog recorded by Seaview staff member John here <https://www.facebook.com/TheBigSleepHastings>. More photos of the night can be seen on the page too.

Around 50 people in their various sized bubbles signed up and slept out, raising just over £5000. This was Seaview's first ever online fundraising and awareness event, carefully curated by Seaview's A4A team to create a Covid safe and Covid proof event.

There were prizes up for grabs too, seeing enormous sleep out boxes delivered to those who met their first fundraising milestone and sleep out goodie bags provided by Hastings Morrison's, distributed to those who met their second fundraising milestone.

Those in competition to become the highest fundraising bubble saw the Pompadour Bubble from Pompadour Hairdressing Salon and NCJC Bubble win the highest fundraisers and both bubbles were treated to a meal at Half Man Half Burger. The best photo on the night #tbsphotocomp2021 saw Nikita Cannan win a meal for two at the Bok Shop.

Thank you Sleepers, those who donated, A4A and our sponsors Half Man Half Burger, The Bok Shop and Morrisons.

Look out for us next Autumn www.thebigsleephastings.com where you too could join in with the fun and become a Big Sleep Legend.



Outreach: Day in the Life



Many of you who are familiar with Seaview will know how many services and support schemes we have to offer, however to a lot of people we are seen as being just a 'homelessness charity'. We are so much more than that, and our staff are so incredibly diverse in their individual skills and experiences.

We have embarked on creating a 'Day in the Life' series designed to highlight and celebrate the different services available at Seaview and the incredible teams that pull it all together. Scan the Zappar code using the Zappar app to the right to follow along with a morning in the lives of Mick and Debbie, our outreach support workers. Starting early mornings, they carry out vital work in verifying rough sleepers in the Hastings & Rother areas, signposting people to the relevant services that will be able to help them. A huge thank you to Mick and Debbie for letting us come along and experience a day in their lives!



Seaview's AGM

On the 24th of November at 3pm, Seaview hosted our annual general meeting and it was an event like no other! With talks from Guest speaker Darrell Gale, we covered a multitude of topics from Seaview's service development as well as the situation Hastings has faced as a borough throughout the pandemic. We also had the chance to listen to some service user stories which were incredibly touching and made people realise just how vital our services are, with one service user stating that if it wasn't for Seaview, he may not be alive today.

All in all, the AGM was a great way to connect with trustees and everyone involved and interested in the work we do, and was directed in adherence to COVID regulations; socially distanced and masked up. We also offered a hybrid model, so those who would rather watch from home were able to tune in and also offer their thoughts on a Facebook livestream, which can still be viewed here: <https://fb.watch/a1C3H5WWmJ/>.

It was definitely a learning experience for us, and the move into digital is something new but very exciting and promising for Seaview! A huge thank you to all of our speakers and everyone who took the time out of their days to come along and attend. We appreciate you all so much.



Introducing the RSI and Housing First Team

The Rough Sleeper Initiative (RSI) funded by the Ministry for Housing, Communities and Local Government (MHCLG) was set up in 2018 to tackle rough sleeping. Seaview partners with the RSI locally to provide an Outreach and Housing First Service for rough sleepers with multiple and complex needs aiming to help individuals leave the streets and move into permanent accommodation. Seaview's RSI Outreach team go out on the streets in Hastings, St Leonards, Rother and surrounding areas in the early hours; verifying and checking on the wellbeing of rough sleepers. Our workers engage and build trust in the early hours and return in the daytime to notify people of accommodation and support options available to them. Those from out of area are supported to return to their area of origin if they so wish to do so. Seaview's RSI Housing First team offers intensive tenancy support, holding caseloads of people who are often new to living in independent accommodation. The team carry out tenancy sign ups, help with moves, benefit transfers, setting up bills and sourcing furniture. Staff have also set up gym passes, bus passes, clothing allowances and mobile phones to ensure keeping in touch is made easier. The Housing First team have seen some great success over the last few months and to date, all on the caseload have sustained their tenancies. We recently received kind comments from a mother of one of our RSI clients 'Thank you Colin (Housing First Worker) for being so helpful, dedicated and professional in supporting my son and myself'.

"Thank you Colin for being so helpful, dedicated and professional in supporting my son and myself"

Our teams have also supported people in temporary housing (TA). We are finding some people who have moved from rough sleeping into TA are finding the move daunting and often want, or do, return to the street.

Our staff are supporting new TA residents with familiarising themselves to the new environment by visiting daily as well as helping with the cooking of basic meals, supporting with budgeting, shopping and setting up bank accounts. Staff will then be hand to help with tenancy sign ups and moves when the time comes to make the transition into more permanent accommodation. We are delighted to have received praise from a local TA Manager commenting on how he has never seen such good interaction with his tenants from an outside organisation before.

A key part of the work is for our teams to partner with the RSI multi-disciplinary team (MTD), to ensure the RSI clients get a wrap-around support service from specialists in mental health, housing, substance misuse, the criminal justice system, health care and adult social care. This joined up approach ensures our clients receive the health and housing support they need.

If you are concerned about someone sleeping rough please contact Street Link <https://www.streetlink.org.uk/> and we will respond.

Colin

Helen

Hollie

Jake

Linda

Tara



Lung Cancer Awareness

Seaview are currently working with Citizens Advice and the NHS on their latest 'Help Us, Help You' campaign. The latest iteration of the campaign responds to the impact of Covid-19 on NHS services. NHS England and Improvement, with support from Public Health England, is working to ensure that people know how and when to access services and reassure them that the NHS wants to see them.

The aim of the lung cancer activity is to raise awareness of the key symptom of lung cancer, a cough that lasts for three weeks or more. The campaign will be encouraging those who have this symptom and don't have COVID-19 to contact their GP practice, reminding the public that the NHS is here for them and wants to see them.

When cancer is diagnosed early, treatment is more likely to be successful. However, fear around cancer diagnosis can sometimes be a barrier to this. An additional impact of the COVID-19 pandemic is that some members of the public are reluctant to use NHS services, citing concerns about being exposed to the virus and not wanting to be a burden on the NHS. In addition, there is a lack of awareness that a persistent cough on its own can be a sign of lung cancer, and a need to remind people to act on a persistent cough and not wait to see if it resolves.

Today, NHS England and NHS Improvement with support from Public Health England, are relaunching the 'Help Us, Help You' lung cancer campaign to encourage people with a cough lasting three weeks or more and who don't have COVID-19, to contact their GP practice. As a result of the COVID-19 pandemic, some members of the public are reluctant to use NHS services, citing concerns about being exposed to the virus and not wanting to be a burden on the NHS. In addition, there is a lack of awareness that a cough for three weeks or more on its own can be a sign of lung cancer, and a need to remind the audience to act on a persistent cough and not wait to see if it resolves. While a cough for three weeks or more is probably nothing serious, it could be a sign of something that needs treatment. If it is cancer, finding it early makes it more treatable and can save lives. Your NHS is here and wants to see you, Help Us Help You.

Been coughing for more than 3 weeks? Contact your GP

The main symptoms of lung cancer include:

- Having a persistent cough
- A cough that gets worse over time
- Coughing up blood
- Feeling breathless
- A loss of appetite
- Unexplained weight loss
- Tiredness



It's probably not serious, but it could be a warning.



Citizens Advice 1066
(Hastings & Rother)



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Men's Group

The Seaview Men's group has recently been reinstated and is aiming to emulate the tremendous success of the Women's Group.

Mick Hillier is running the group and at the inaugural meeting explained that the group was open to all male clients and would be for their benefit. We would be looking to organise an outing at the end of the first series of meetings and ideas for this were welcomed from the membership. Guest speakers have attended the last two meetings. Project Adder's Michael Payne gave a very well received talk around addiction, including signs of addiction and how support networks could successfully be used to help individuals. In one session, Roger Nuttall lead a session around red flag symptoms of cancer, how to recognise them and how to follow up if identified. This session was also very well received and did result in one attendee being referred to the new Hastings Primary Care Hub. The latter were able to see him the same afternoon.

Men's Group is held every Wednesday 11:30 – 12:30 and all male clients are welcome to attend.



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Bloom Britannia by Barefoot Opera

Between the 22nd-24th of October, Barefoot Opera presented a showcase called 'Bloom Britannia', a performance 4 years in the making. The story covered a lot of important issues such as homelessness and desperation set in a seaside town very similar to Hastings, with music and comedic relief throughout. Our staff and service users had the incredible opportunity to take part in this once in a lifetime performance, and did so incredibly well!

This was a truly inclusive project, with people from various backgrounds, ages and experience culminating together to put on an incredible show. We had an absolute blast getting to represent Seaview and sing as a team.

Below is a review from one of our service users Susan, who took part in the rehearsals leading up to the show:

"All in all, the experience was enlightening. When I joined in in the rehearsals leading up to the performance, I felt uplifted and that is always a good thing when one is feeling low or not in a good place. The opera itself was spectacular, one could quite easily describe it as a West End show or a Gilbert and Sullivan opera, or a Ralph Reedus Scout Show because it was indeed a little of all of these things. Comedy featured highly within this performance, and that created a relaxed atmosphere throughout the opera. It was funny, and the audience which consisted of every age was able to appreciate its humour. It was in fact a thoroughly enjoyable evening!"

A huge thank you to Barefoot Opera for allowing us to take part in such an incredible project, we had so much fun and it'll definitely be the memory of a lifetime!



Music Group

Our music group at Seaview started around 3 months ago in response to service users requesting a music group, and is open to all regardless of musical ability.

Participants vary from week to week with some people coming in for part of the time.

Sharing ideas and learning have an important role in the group, drawing upon member's musical knowledge and experience.



A wide range of instruments are available ranging from piano, electric organ, guitars, full drum kit, congas, bongos, bodhráns, tambourines and maracas. Many of the instruments were donated and funding was provided to purchase some items. A new member of the group has brought recording equipment in too, so sessions can be recorded.

Two of the music group also attend the Seaview choir; Lucy from Barefoot Opera who works with the choir has come in to the group to rehearse for the carol concert, which was a great success and held at St Johns church with music group members contributing their talents to the event.



Women's Group



Seaview is delighted to be involved in the new Womens HUB taking place at the Quaker Centre, 5 South Terrace, Hastings between 9.30-3pm every Tuesday. Seaview RADAR workers will be in attendance to support clients with the creative group, the drop in and general engagement with clients.

The hub operates a drop-in, offering a range of interventions to women who are experiencing multiple disadvantages and often complex trauma. There is access to breakfast and lunch alongside a list of recovery activities for women, including, recovery-based yoga, acupuncture, complex needs IDVA support, accessible female hygiene products, clothes bank, nail painting/self-care, assessments for substance misuse treatment, recovery groups, sensory boxes for women (with complex trauma) and access to ETE.

This new project is a much needed service for our female clients. Our Project ADDER outreach team members Debbie and Jenny are also proud to be part of this new project, both referring and accompanying clients to the Hub.

Alcohol Awareness Week

RADAR workers Jade Block and Jodie Blake were happy to take part in the alcohol awareness week this November.

A drop in at the Veterans hub was attended by several services and agencies.

Jade and Jodie set up a stand showcasing both RADAR's work with harm reduction and recovery groups as well as Seaview's services as a whole.



Weekend Opening

Seaview is happy to announce that we have now gone live opening 7 days a week. At the beginning of September we opened our doors on Saturday and Sunday, 8.30 till 1.30. Part of the focus is on helping people access health-care and a healthier lifestyle and is funded by HBC. Alongside this the early morning outreach team that go out on a Saturday can direct any new rough sleepers are way, with the potential of linking them up with the necessary services to help their situation.

A vegetarian breakfast is provided for free and a wholesome lunch is on offer for £1. Staff are available to help direct anyone to the primary care resources they might need. The clothes cupboard is available along with showers and internet access.

It has been very popular so far. People report that it has helped them with isolation issues that can have a huge impact on an individual's mental health, during a time they would not normally see anyone.

In quarter 2, our Project ADDER Team, the harm reduction service working with those with significant substance misuse issues, worked with over 80 people.



Facebook Fundraising

We're so pleased to announce we have now officially linked in with Facebook to create Facebook fundraising, meaning people are now able to donate to Seaview directly through our Facebook page by clicking the 'Donate' button at the top of our profile on our cover photo.

This move is incredibly important to us as we try to explore new ways of reaching people, with 100% of the proceeds going directly towards Seaview and our work with service users. This feature is also available in the Facebook owned app Instagram too, where you can donate directly from our Instagram page. Once again, all of the proceeds go towards us and both methods of fundraising are also eligible for Gift Aid too which is very exciting!

We are always looking for potential fundraisers and volunteers, if you have an idea or would like to get in touch, please do not hesitate to contact us.

Any donation is greatly appreciated. Spend a little, give a lot.



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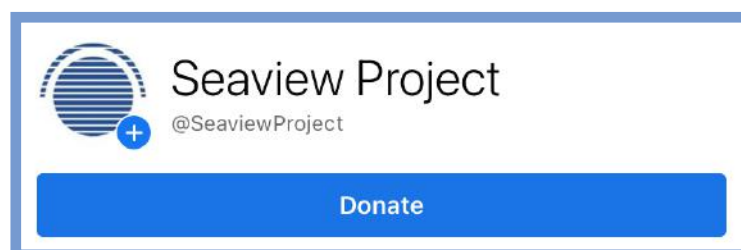
OPENING TIMES

DECEMBER

MONDAY 20TH	10-12.30	1-4
TUESDAY 21ST	10-12.30	1-4
WEDNESDAY 22ND	10-2	
THURSDAY 23RD	8.30-10	ROUGH SLEEPER HUB FOR VERIFIED ROUGH SLEEPERS ONLY
THURSDAY 23RD	10.15-12.30	1-2.30
FRIDAY 24TH	10-1.30	
SATURDAY 25TH	CLOSED	
SUNDAY 26TH	CLOSED	
MONDAY 27TH	8.30-1.30	
TUESDAY 28TH	8.30-1.30	
WEDNESDAY 29TH	10-2	
THURSDAY 30TH	8.30-10	ROUGH SLEEPER HUB FOR VERIFIED ROUGH SLEEPERS ONLY
THURSDAY 30TH	10.15-12.30	1-2.30
FRIDAY 31ST	10-1.30	

JANUARY

SATURDAY 1ST	8.30-1.30	
SUNDAY 2ND	8.30-1.30	
MONDAY 3RD	8.30-1.30	



Gym Inductions

Seaview is pleased to announce the return of the gym. Due to COVID it has been shut for a long time which has been very difficult as physical exercise is invaluable to help people's physical and mental health. We have put new measures in place so everyone can get the maximum benefit from gym sessions.

We are offering Induction sessions by Verity who is a personal trainer. She will go over any health concerns and teach how to use the equipment efficiently. The RADAR team will run gym sessions and offer male and female only sessions. Dates to be announced soon.

Why not give us a follow on Instagram and Facebook?

@seaview.project on Instagram
/SeaviewProject on Facebook



Contact Info:

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