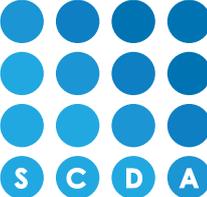


2019 - 2020



 **Sussex
Community
Development
Association**

Making a difference in
your community

Sussex Community Development Association
Annual Report 2019-2020

sussexcommunity.org.uk

SCDA values

- Driven by needs
- Person centred
- Inclusive
- Quality
- Building stronger, healthier communities
- Working in partnership

delivers

difference



Driven by needs



Person Centred



Inclusive



Quality



Building stronger, healthier communities



Working in partnership

Mental well-being

Physical health

Safety and security

Empowerment and choice

Connecting and giving

Learning and skills

Home and money

Sussex Community Development Association is a:

- Registered Charity number 1094905
- Company limited by guarantee, registered in England number 3387617
- Development Trust and member of Locality

Sussex Community Development Association
Denton Island Community Centre
Denton Island
Newhaven
BN9 9BA
Tel: 01273 517250
Website: www.sussexcommunity.org.uk

SCDA delivers a broad range of services to meet the needs of local people. Our Annual Report sets out the difference we are making for individuals and in communities across East Sussex. SCDA is committed to delivering high quality services and measuring the differences our work make to people's lives. Our values remain at the heart of SCDA community-led action. The 23rd AGM will take place on 9th December 2020, this year by virtual meeting because of the international pandemic. This Annual Report summarises the full range of SCDA activities in the period 1st April 2019 to 31st March 2020. This Annual Report relates to the year to 31st March 2020, largely prior to the start of the Covid 19 pandemic, but the content reflects the responsiveness of SCDA staff and volunteers in ensuring the needs of the community in these extraordinary times are met.

Driven by needs

Making a difference

SCDA is embedded in the community and neighbourhoods of East Sussex; we seek out and respond to community and individual needs.

4 specialisms

SCDA delivery is in: Employment; Advice and Inclusion; Health and Well-being; Community Development.

Focus on those most in need

SCDA delivers real change for local people.

Listening

SCDA development workers and advisors listen to people's needs.

Long term solutions

SCDA identifies needs and gaps in services to deliver and press for sustained changes.

- **78,645** people benefitted from SCDA services and activities

Partnership

Coordination, links and referrals
SCDA supports signposting and referral to additional services.

'No wrong door'

SCDA works to ensure clear pathways to SCDA and partner services.

Reaching out

SCDA pro actively identifies and represents community needs.

Partnership

SCDA works in partnership with private business, statutory bodies and other voluntary and community organisations.

SCDA's role is often as the 'glue': coordinating services to ensure cost effective local delivery and building voluntary sector capacity.

SCDA seeks to model the positive and value for money to be achieved through collaborative working.

- Working together helps us all achieve more and ensure value for money, added value and avoid duplication of services

Quality and impact

Quality

SCDA is committed to maintaining quality through monitoring, research and quality kitemarks.

Individual and community impact

SCDA monitors and evaluates the difference our services make.

Learning organisation

SCDA actively develops and adapts services through learning what communities need and what works.

SCDA annual Community Impact Survey 2020 tells us:

- **96%** agreed SCDA identifies and responds to community needs
- **94%** feel SCDA contributes to building stronger, healthier and inclusive communities
- Information Advice and Guidance Matrix, Ofsted and British Association for Counselling and Psychotherapy quality kitemarks
- Research with University College London, University of Sussex, Curved Thinking and Learning and Work Institute

Person centred

User and community involvement

SCDA develops services with people, building on the strengths and skills within communities.

People have complex lives

SCDA works holistically to identify people's multiple needs.

Prevention

SCDA development workers and activities address the wider determinants of health and well-being.

Resilience

SCDA works to build stronger communities.

- Asset based approach to community development
- Developing community and individual skills
- 'You said; We Did' in all services

Community strengths

Helping people to help themselves

SCDA builds individual and community skills and resilience to address current and future issues.

Volunteers

SCDA supports volunteering and delivers services with the commitment of volunteers across all services, many of whom have supported SCDA delivery over a number of years.

Community roots

SCDA is rooted in the community.

Community pride

SCDA celebrates success for the community and for individuals – creating social capital and community assets.

Local employer

SCDA is a significant local employer in Newhaven, Hastings, Bexhill, Lewes, Hailsham and Eastbourne.

- **475** volunteers, community messengers and community champions
- **75** member groups
- **101** full and part time staff

Inclusive

Outreach

SCDA reaches into communities to identify needs.

Services

SCDA supports diverse communities.

Staff and Board

SCDA supports diversity in employment, volunteering and governance.



John Cornish Chair

Sussex Community Development Association

As always, SCDA's Trustees, on behalf of the people who access SCDA services, are most grateful to the funders and contract clients who have supported SCDA's work during this last and previous years.

Income

Total income for the year was £4,140,021, a decrease over the previous year of 12%. This was primarily due to the ending on 31 March 2019 of the Older People's Day Care service, which accounted for nearly £904,000 of the charity's income in 2018/19. Revenues were also impacted by a 50% reduction in the scope of the Welfare Benefits and Debt project to Welfare Benefits alone and the end of funding of a number of Healthy Lifestyles and Green and Open Spaces projects on 30th September 2019. These decreases were partially offset by revenues from the new 'Making it Happen' project and increased turnover from existing services, in particular the Newhaven Nursery. We also received grants totalling £424,434 for the construction of the Youth Centre in Newhaven, which was completed in April 2020 (2018/19: £74,300).

Sources of income:

Social Enterprise

We continue to see a vital contribution to SCDA funding from our Nursery in Newhaven, the two charity shops in Lewes and Newhaven and our affordable counselling services across Eastbourne, Hailsham, Newhaven and Lewes. Social enterprise constitutes 10% of SCDA income.

Contracted Services

29% of SCDA income is achieved from statutory contracts principally with the Department of Work and Pensions and East Sussex County Council.

Charitable Grants and Donations

SCDA attracts funding from a wide range of charitable grants and donations. These range from small donations to help support the foodbank to Big Lottery funds which allow us to run Advice Services, Family Learning activities, Employment and Access to Learning Support and Youth Services. Charitable grants and donations constitute 61% of SCDA income.

Expenditure

Total expenditure decreased by 26% to £3,593,871. This reflects the service changes detailed above, the one off nature of the redundancy costs incurred in 2018/19 due to the closure of Day Services and a continued focus on operational efficiency. This resulted in a surplus for the year of £546,150.

Expenditure Breakdown

SCDA maintains excellent value for money whilst ensuring effective core functions of finance, reporting, supporting and training staff and volunteers. For every £1 spent by the charity 95 pence goes directly to front line delivery running SCDA services and projects.

Reserves

At 31 March 2020 SCDA's total reserves (restricted and unrestricted) were £1,522,164 an increase of 36% on the previous year.



Helen Macaulay Treasurer

Sussex Community Development Association

For more details on SCDA's financial position, including a full list of grant funders, SCDA's Trustees' Report and Accounts for the year ended 31 March 2020 are available via the websites of Companies House and the Charity Commission.

Community Action and Assets aims to:

- Identify local needs and gaps in local services
- Promote community action through local projects and volunteering
- Develop community pride and promote community cohesion
- Develop SCDA member groups
- Establish partnerships and share learning to meet community needs

“Enjoying the community spirit”

WE DELIVER

- Community-rooted hubs as a focus for community activity
- Community events to support community pride and cohesion
- Understanding of community needs as the focus for activities
- Support for volunteering and building on community strengths to build sustainability

OUR IMPACT

Community Development Newhaven

- **5,469 people used Denton Island Community Centre, attending a wide range of activities and courses focussed around the needs of children, young people and their families**
- **9,126 people involved in Newhaven community activities**
- **65 active volunteers supporting delivery**
- **Partner delivery at Denton Island Community Centre: Brighton and Sussex Hospitals Trust Midwifery services; Health Visitor baby weigh-in; College Central delivering Personalised Foundation Learning; Home schooling group; i-Rock Sussex Partnership NHS Foundation Trust delivering mental health support for 14 to 25 year olds**
- Denton Island Community Kitchen delivered community cooking courses with 500 participants
- Support for Denton Island Nursery on site
- Developing dedicated Youth Centre and community gardens on site
- Over 3,000 community members attended the Fish Festival July 2019
- 16 members of Forums acted as Community Messengers, consulting with neighbours and community members to inform delivery of services
- Family Learning courses delivered in local schools to support parent confidence in supporting their children with homework and home learning opportunities
- Two volunteering celebration events held for 50 volunteers
- Newhaven and Lewes shops supported by 15 dedicated volunteers

Covid 19 response

- Nursery continued for children of key workers and vulnerable children
- Food Bank transferred to centre for deliveries, packing and storage
- Midwifery services continued

Community Development Eastbourne

- **People using Willingdon Trees Community Centre increased by 53% from 1,591 in March 2019 to 2,438 in February 2020. 22,919 visits in the year**
- **Increased occupancy from 27% in March 2019 to 50% in February 2020**
- **Volunteer led groups and activities: Friday Club for over 55s, Little Trees Baby and Toddler Playgroup, Crafty Trees Family Craft Club, Stop! Crafty Time Adult Craft Club, the Willingdon Trees Gardeners, the Donation Station and Book Exchange, and free computer access drop-ins**
- **29 active volunteers**
- New volunteer led Top to Toes Sensory Playgroup and Willingdon Trees Adult Literacy Project
- New Trees Youth Voice Forum, attracting over 30 young people to initial consultations and 15 joined
- Food Safety training provided for all volunteers involved in Community Kitchen. Awarded '5 star' rating for Food Hygiene from Eastbourne Borough Council
- 5 community events, including 'Spring and Hop', Big Spring Clean of Holly Park, Summer Fun at the Trees, Annual Open Day, and Volunteer Festive Thank You Celebration
- Our Open Day attracted over 300 community members and showcased the activities on offer at the Centre and Halloween fun for local children

Covid 19 response

- Willingdon Trees Community Centre closed for activities from March 2020 for 16 weeks
- Community members needs for support during lockdown was immediately apparent and Willingdon Trees Coronavirus Help Point established
- 29 volunteers have helped over 60 households

“I have found a way to relax my mind. The group is so calming and I lead such a busy life. This is something I can do to regulate myself when I am feeling stressed”

Community Development Bexhill

- **People using Charter Centre increased from 246 to 946 each quarter. 2,192 visits in the year**
- **Community activities increased from 20 hours per month in April 2019 to 160 hours per month by March 2020**
- **Worked in partnership with 13 local organisations to provide services to meet local community needs**
- Facilitated the start-up of several community groups including Make and Mend, Young Parents, Sporting Memories and the Clothing Bank
- Tri-shaw provided rides out for 72 local care home residents
- Low cost Christmas dinner provided to 92 local residents at the community kitchen

Community Development Hailsham

- **Join Together befriending project supporting 21 people with 26 volunteers. 89% of service users reported a greater sense of community support and 100% of the service users reported feeling less lonely and isolated as a result of the service**
- **Thriving Community Allotment with work sessions running twice a week with 21 regular attendees**
- **Socially distanced peer support sessions to reduce loneliness and isolation in the community. 100% of those that have attended report that their well-being has improved since the sessions**

- **Partners included local Health Visitors, Children's Centre and Sussex Partnership NHS Foundation Trust to ensure that the allotment is well used by local community**
- **26 active volunteers**
- School uniform donation station providing much needed service to local community
- Volunteer run Crochet and Chat group supported people in learning a new skill and reducing social isolation
- Promotion and distribution of lanyards for the Hidden Disabilities scheme
- Volunteer marketing group set up to raise our local profile

Covid 19 response

- Join Together service adapted to telephone befriending service, with more significant needs being addressed
- 89% of service users that have received the service report that they are better able to cope with the impacts of Covid 19 and social isolation
- All peer support services are now in place with social distancing



Denton Island Nursery aims to:

- Provide high quality full day care for children aged 0 to 5 years
- Meet the needs of the local parents and carers including assisting them to access training and employment opportunities
- Support children's wellbeing and development to allow them to make healthy choices
- Deliver excellent practice to meet the Early Years Foundation Stage, and particularly focus on communication & language and social & emotional development to ensure the best start for children attending the nursery

WE DELIVER

- **76 place nursery open 50 weeks a year 8am to 6pm to meet the needs of parents and carers**
- **20 members in a stable staff team help us to provide consistency for children and families**
- **Key workers for all children**

OUR IMPACT

- **100 children registered**
- **Rated Good by Ofsted inspection 2019. Quality maintained through management plan**
- **23 children supported in transition to school in September 2019**
- **Supporting 5 children with English as a second language**
- **Supported 2 children with high functioning additional needs**
- Large outdoor area to support physical play and risk taking
- Sensory Room to explore enhanced sensory play
- Parent partnership: parents supported in child's learning, regular communication and home learning leaflets
- Supporting children's emotional development through emotional coaching and Leuven observations
- Promoting healthy snacks and lunch box ideas with parents to encourage them to offer healthy food choices to their children
- Promoting good oral care to our children and encouraging dental check-ups

- Regular assessments to address speech and language delays and early support
- Supported 1 childcare student to achieve their qualifications
- 1 nursery volunteer supported the nursery management team, 1 volunteer played music with the children. 8 volunteers helped improve the nursery garden
- Developed Forest School activities

Covid 19 response

- Denton Island Nursery was the only setting to stay open during Covid 19 lockdown in Newhaven
- The staff team were able to support local key workers and provide emergency childcare for 31 children: 16 local children from other settings and 15 of our own cohort
- Our nursery opening hours were restricted and service maintained for local families

WE DELIVER

- **Development of Denton Island Community Centre as a community asset for parents and families, partner services and a resource base for support, advice and activities**
- **High quality delivery of support, learning and activities**

OUR IMPACT

- **5,469 parents, carers and children attended family activities at Denton Island Community Centre**
- **547 families participated in activities**
- **34 family learning courses at Denton Island and in local schools attended by 167 families**
- **7 active volunteers through Newhaven Families Forum**
- Crèche facility provided high quality learning experiences for 38 children
- 100% of families reported increased confidence and knowledge when communicating with their child after attending Family Learning language courses
- 10 art workshops delivered in local schools, uniform groups and nurseries to enable children and young people to join in with the Fish Festival Children's Parade in 2019
- Over 1,000 expectant and new mothers attended Midwife appointments at Denton Island Community Centre
- 563 parents and carers attended Health Visitor appointments and baby weigh-in clinics at Denton Island Community Centre
- Home schooling group for 13 families uses the Community Centre to support their children's learning

Family Inclusion aims to:

- Engage and empower families in the most deprived areas to promote community cohesion
- Actively engage with parents through a vibrant Families Forum and volunteering
- Ensure the most vulnerable parents and carers have opportunities to access family learning and wider support activities

“ Thank you for playing such a significant part in the early upbringing of my boys. You have all shown our children such love and dedication! ”

“ ...we appreciate all of the help and support you have provided my child ”



Young People aims to:

- Support mental well-being, increase skills, opportunity, employability and community involvement for young people
- Facilitate and enable youth voice to ensure services meet young people's needs
- Develop and sustain partnerships to coordinate services for young people
- Promote a positive image of young people
- Reduce risky behaviours by young people
- Create and sustain a hub for young people at Newhaven Youth Centre

“The activities at youth club are fun and it gives me a space to socialise.”

WE DELIVER

- Three weekly term time youth groups and holiday activities
- Outreach to promote engagement and access
- Information and advice drop in: Platform-9
- Support youth mental health through well-being groups, counselling and peer to peer support
- Promotion of youth voice and participation including Newhaven Young People's Forum and annual youth survey
- Anti-knife crime workshops in local secondary schools
- Development of dedicated Youth Centre for Newhaven

OUR IMPACT

Engaged with 876 young people across all youth projects

Youth clubs and activities

- 3 weekly open access youth clubs across Newhaven & Denton. 220 individual attendees and 71 new enrolments
- 30% of our youth club members have additional needs
- 6 partners supported specialist sessions for youth clubs
- Summer programme gave 20 young people the opportunities to attend 2 summer trips, funded by the ABC Fund, alongside 18 youth club sessions through the summer
- Outreach engaged with 89 individual young people over the summer and autumn

Participation

- 8 active Newhaven Young People's Forum members supporting the evolution of youth provision and development of the Youth Centre
- 5 young volunteers supported the delivery of youth clubs
- 4 Newhaven Young People's Forum members attended East Sussex Children and Young People's Trust Takeover Day
- NYPF and young volunteers have developed The Period Project to provide access to free sanitary products for young people aged 11-24

Information and advice

- 230 young people accessed Information, Advice and Guidance
- 49 young people attended well-being groups and/or weekly check-ins, with 100% reporting they have learned something new about their own well-being

- Termly well-being groups providing support for young people to make new positive relationships and increase engagement in education
- Provision has increased to two local secondary schools
- 41% of those who attended our well-being groups have engaged in further support through our Information, Advice and Guidance service (Platform-9) and youth clubs
- 87 young people felt enabled to make informed decisions around positive changes to their lifestyles
- 156 young people increased their use of positive coping strategies
- 151 young people experienced better use of supportive relationships
- 161 young people experienced increased self-esteem
- The majority of attendees are on the waiting list for counselling and receiving interim support

Partnership

- Partnerships include ESCC Target Youth Support, Wave Leisure, Lewes District Youth Prevention Officer and Sussex Police
- SCDA Youth Team became a key member of the Seahaven MASCOT Team, chaired by Sussex Police as a multi-agency response to youth anti-social behaviour
- i-Rock provision based at Denton Island Community Centre and Newhaven Youth Centre

Covid 19 response

- From March 2020, all youth provisions moved to virtual delivery
- Weekly youth club sessions were provided through activity packs, social media posts and Zoom sessions
- Well-being provisions were provided through Zoom group calls and 1 to 1 phone calls or text conversations on a weekly basis

“I love that the kitchen is included in the open space so that when we are cooking, we are still included with the rest of the group”



THE MAKING OF A BRAND NEW, BESPOKE SPACE FOR YOUNG PEOPLE

- Over the past ten years, the annual youth survey has consistently highlighted the need for a purpose built youth centre for local young people in Newhaven
- 220 young people stated that they wanted youth club provisions to move to the new Youth Centre as a hub for all young people in a central location
- Members of Newhaven Young People's Forum (NYPF) contributed to the design of this unique building for future generations of young people, who will benefit from this dedicated, open access safe space

Support and funding

- Our thanks to our generous funders including the National Lottery Community Fund, LandAid, Newhaven Town Council, Rampion Fund, Bernard Sunley, the Mark Benevolent Fund, and Garfield Weston
- Thanks to the architect Simon Beams; the construction company Douch Partners Ltd.; Faithorn Farrell Timms LLP; and Kirkland Fraser Moor
- Howdens generously donated the kitchen fittings and Feilo Sylvania the lighting. All plants and flowers for the landscaping were supplied by Paradise Park
- 8 members of the NYPF attended a 'Breaking the Ground' ceremony in September 2019

The building

- Designed and built with sustainable and environmentally friendly materials
- An inclusive open plan space with an integrated kitchen and a break off space
- Spacious, high ceilinged and light, with large windows and surrounded by landscaped gardens
- Build of the centre completed in March 2020

What happens here

- 3 weekly youth clubs
- 1 weekly well-being group
- 1 to 1 support including well-being check ins, sexual health and advocacy
- NYPF meetings
- Partner organisation providing the i-Rock mental health support for 14-25 year olds



Open Spaces aims to:

- Raise awareness and develop involvement by all sections of the local community in green and blue open spaces (GOSH)
- Create and sustain opportunities for learning, volunteering and recreation which promote interaction with the natural environment
- Promote the use of green and open space for health and wellbeing, particularly among disadvantaged social groups and those with specific health needs
- Promote and encourage growing food for health

GOSH has helped me worry less about things and become calm

WE DELIVER

- Identifying and addressing the barriers to access
- Supporting volunteer champions to sustain activities
- Delivering activities in green and open spaces
- Evaluating to build the evidence base of positive health & well-being impacts
- Targeting activities to disadvantaged social groups and people with specific health needs
- Working with academic, public health and open spaces partners to develop access and assess impact
- Supporting development of community gardens

OUR IMPACT

- **39 groups established over the lifetime of the Green and Open Spaces for Health (GOSH) programme - 13 are independent and self-supporting groups involving 130 people**
- **78 Volunteers have become walk leaders and Community Health Champions**
- **Research and impact assessment informs priorities of the Health and Wellbeing subcommittee of the Sussex Local Nature Partnership:**
 - Places
 - Access
 - Activities
- Seasonal activities maintaining enthusiasm throughout the year
- Supporting access to walking, cycling and running: Cycling Projects and Couch to 5K
- Supporting activities within green and open spaces: poetry, crafts and photography
- Support to Community Gardens and growing in Newhaven, Hailsham and Eastbourne
- Newhaven Growing Together project organised 10 well-being sessions in Newhaven Community Garden with an average of 8 at each session
- With South Downs National Park rangers supported local residents learn more about the South Downs: 2 walks were arranged and 16 people attended each walk
- 'Living Coast Undersea Experience' delivered in the Havens: interactive, virtual reality experience enabling users to explore the underwater environment of the Marine Conservation Zone. Over 300 attended
- GOSH cost £63,000 over 3 years. For every £1 invested, access to Green and Open Spaces generates £32 in savings to public services
- Research published with University of Sussex and University College London (UCL) identified barriers to access, how to overcome those barriers, an evaluation toolkit, health impacts, how to maximise sustained activity and ripple effect of enthusing others to participate
- Research results evidence that people with the greatest life challenges and barriers benefitted most from participation in group activities in green and open spaces
- Report has informed continued work to address behaviour changes to support sustained access to local green and open spaces, measurement of impact, addressing the barriers to access and reaching those people who experience the greatest barriers to access
- SCDA chairs the Health and Well-being subcommittee of the Sussex Local Nature Partnership

WE DELIVER

- **Community engagement and empowerment: developing delivery with local people to meet their needs and support sustainable activities**
- **Supporting Health Champions to inspire local people and build community action**
- **Targeting areas of deprivation and health needs**
- **Inspiring local people in target areas to live healthy and active lives**
- **Promoting links between mental well-being, physical activity and eating healthily**
- **Developing affordable, accessible, community led activities**
- **Supporting people to feel connected with the community around them and make use of the assets (both people and skills) and sustain activities**

OUR IMPACT

- **1,470 people engaged**
- **39 courses including 14 Healthy Eating & Cooking, 12 Physical activity, 1 well-being course and 4 Behaviour Change for Health courses**
- **45 one-off events - Eastbourne, Hailsham and the Havens promoting healthy lifestyles and community-led health activities**
- 895 individuals supported, many making written pledges to improve their own health
- Recruited and trained 14 Health Champions across the Havens area
- **Chances for Change**
 - Asset-based community-led initiatives to address health inequalities
 - 14 healthy activities in Lewes District
 - 4 micro grants to start up groups
- **Making Every Contact Count**
 - 155 people trained across 30 voluntary, NHS and public sector organisations in East Sussex
 - Brief intervention skills to signpost people to healthy lifestyle choices
- **Programme ended September 2019**
- **Steps into Well-being**
 - 377 people engaged in healthy eating, well-being and physical activity courses
 - 39 courses: 7 physical activity, 27 healthy eating and 11 well-being
- **Shouts about Health and Neighbourhood Champions**
 - 26 events held in the Havens, promoting healthy lifestyles

Healthy Lifestyles aims to:

- Develop activities and self-sustaining community initiatives which support healthy lifestyles and promote healthy, affordable food choices across all age groups
- Increase resilience and build healthier and active communities
- Promote access to inclusive physical activity for all



So many communities mobilised groups so quickly in response to COVID revealing some truly extraordinary assets and talents not previously known about – there's been a huge response!

MAKING IT HAPPEN

Programme started October 2019

OUR IMPACT

- Improving well-being and reduce health inequalities through delivery of Asset Based Community Development (ABCD)
- ABCD places communities in the driving seat to identify and mobilise existing, but often unrecognised assets, in order to create positive local change
- Partnership formalised with 5 local voluntary sector organisations led by SCDA
- 22 staff appointed across the five partners
- 17 areas selected to focus activity
- Encouraging people to talk about their interests, experiences, motivations and priorities
 - 119 contacts with individuals (across all five partners)
 - 73 contacts with groups
 - 24 network events supported or attended
 - 66 contacts with service providers
 - 4 businesses engaged
- Connecting groups, spaces and opportunities that already exist
 - 99 learning conversations to find out about interests, experiences, motivations, passions and priorities of people and groups

- Working with people to find strengths, build confidence & add more to their community
 - 10 Discovery walks to explore the localities and identify assets
 - 9 asset mapping exercises to uncover hidden assets, strengths and opportunities
 - 31 meetings to introduce the programme to countrywide organisations or services
 - 12 collaborative initiatives
 - 11 action planning activities
- Micro Grant programme launched to support positive community activity and kick start ideas

Covid 19 response

- Community Development Workers provided virtual support by: signposting individuals and groups; supporting new activities; Small Sparks micro grants and facilitating collaboration between groups



WE DELIVER

- Quality assured British Association for Counselling and Psychotherapy (BACP) accredited Sussex Community Counselling supporting all SCDA counselling
- Access to affordable counselling for those living in Newhaven, Lewes, Hailsham and Eastbourne
- Access to youth counselling addressing the mental well-being of young people
- Free counselling from qualified counsellors for individuals at risk of suicide
- One to one support and group work for individuals bereaved by suicide
- Partnership working with Counselling Plus Community in Hastings and Rother

OUR IMPACT

- 499 referrals assessed
- 235 people received quality assured counselling support

Affordable Counselling

- Affordable counselling offered by 21 quality assured volunteer counsellors
- 369 referrals received and assessed for individuals aged 16 to 90
- 172 went on to receive support
- Of respondents: 100% of the feedback about the counsellors was positive and 100% said that the counselling had been helpful and made them feel better using COREOM outcome measure

Youth Counselling

- Supported 11 young people through issues including self-harm, bereavement, anxiety
- Young people offered up to 12 sessions
- 25 referrals received and assessed
- Youth counselling expanded from January 2019 to 3 volunteer counsellors

Support for Survivors of Suicide (SSoS)

- 63 referrals and supported 46 clients
- 32 one-to-one clients (individuals currently suicidal/with a recent attempt at suicide)
- Monthly support groups in Eastbourne and Bexhill
- Clients are offered 8 sessions of 1 to 1 counselling (access to counselling is offered immediately)
- Engaged with referrers and organisations involved in suicide prevention locally and nationally
- Funding is being sourced to train all Sussex Community Counselling staff in the Applied Suicide Intervention Skills Training model allowing them to feel better equipped to support suicidal clients

Bereaved by Suicide Outreach

- 42 attendances of support groups by individuals bereaved by suicide
- August to September 6 clients accessed the service
- All clients offered 4+ one-to one sessions of emotional and practical support – all accepted

- Liaised with external agencies for referrals and developing working partnerships

Volunteer counsellors

- Group supervision and support of 22 volunteer counsellors

Covid 19 response

- Covid 19 necessitated a move to remote delivery
- This year saw the creation of two new services: the Covid Loss and Bereavement Counselling and Befriending service and the Bereaved by Suicide Outreach service for those bereaved by suicide
- We are continuing to stay up to date with the evolving picture locally and nationally and we look forward to further developing and adapting in order to help our service users cope and thrive in challenging circumstances

Well-being aims to:

- Deliver professional counselling and therapeutic support to improve the wellbeing of East Sussex residents
- Work in partnership to ensure effective referrals
- Promote community led approaches to mental well-being
- Address barriers to access



Advice and Information aims to:

- Provide access to free, quality assured, confidential, impartial advice
- Work in partnership with specialist advice providers
- Provide holistic, joined up service delivery for all clients
- Address the wider social determinants of health and wellbeing through 'social prescribing' supporting health, advice needs, food security, housing and employability

HAVENS INFORMATION AND ADVICE HUB

WE DELIVER

- **Coordination of accessible, cost effective information and advice**
- **Hosting specialist advice provision: Brighton Housing Trust, Lewes District Citizens Advice, Hastings Advice and Representation Centre, Money Advice Plus, Stop Loan Sharks and East Sussex Credit Union**

OUR IMPACT

- **255 individuals referred to our Information & Advice Hub**
- **854 client information and signposting sessions**
- **487 Community Navigator appointments**
- **234 Community Navigator clients**
 - Coordinated access to and support from over 100 partner organisations
 - 313 onward referrals to 88 partner services
 - 247 advocacies to 77 services
 - 158 clients signposted to 84 services
- Feedback from clients showed:
 - 40% of people reported an improvement in their ability to deal with pressures in life
 - 30% of people reported an improvement in ability to help oneself
 - 40% of people reported an improvement in finances
 - 35% of people reported an improvement in their ability to access advice, help and support
 - 45% of people reported an improvement in recognition of strengths and sharing with others
 - 30% of people reported an improvement in their ability to deal with things when they go wrong

- 161 generalist Citizens Advice Bureau (CAB) Advice appointments for 125 clients
- 66 Volunteers recruited, supporting the project with 2000 volunteer hours. This includes from Year 2 the addition of Food Bank volunteers co-located and an integral part of the programme from Year 2
- Supported local residents to realise £79,364 annualised income gains
 - Secured a further three years funding from Big Lottery to maintain and adapt the service to meet community needs

Covid 19 response

- The Information and Advice Hub quickly amended its service delivery in response to Covid 19
- Community Navigators continued to provide information, advice and signposting to service users over the phone
- Demand for support increased immediately as members of the community reached out for help in navigating the unprecedented situation, which had an impact on their financial stability and food security

“ I am absolutely heartfelt grateful for all the help and advice I have received ”



HASTINGS & ROTHER AND EASTBOURNE, HAILSHAM AND SEAFORD CCG WELFARE BENEFITS PROJECT

WE DELIVER

- **Free, quality assured, confidential and impartial welfare benefits and debt advice for people registered with GPs in two CCG areas to address the wider determinants of health and well-being**
- **Managed by SCDA in partnership with specialist advice partners:**
 - **Eastbourne Citizens Advice**
 - **Eastbourne Age Concern**
 - **Hastings Advice and Representation Centre (HARC)**

OUR IMPACT

- **19,296 individuals received welfare benefits advice**
- **£5,356,093 annualised welfare benefit income realised for residents to access their full and correct benefit entitlement**
- **For every £1 invested in this specialist service, we generate £25 in financial gains for clients**
- **77% of clients surveyed reported improved mental wellbeing**
- **16,856 household members benefited from welfare benefits advice**
 - 1,682 families with children received benefits advice
 - 3,571 older people received advice to support their independence
 - 7,435 people with a long term health condition received benefits advice
- **7,379 people contacted the phone and email helpline**
 - 11,052 different benefits enquiries dealt with
 - 59% of callers lived in the most deprived wards
 - Helpline engagement costs £12 per client
- **1,816 people received face to face casework support**
 - 80% of casework clients live in the most deprived wards

- **Reduced health inequalities that are driven by financial crisis and poverty:**
 - PIP and ESA the most common benefit enquiries
 - 78% of helpline callers have a long term health condition
 - 87% of casework clients have long term health conditions
 - Depression and mobility are the most common long term health conditions
- **Reduce impact and burden on health and social care services by addressing socially determined issues:**
 - 814 referrals from health and social care professionals
 - 1,255 direct engagements with health and social care

Covid 19 response

- SCDA working with advice partners to address the triggers to greater demands on specialist advice services to address financial resilience and economic impacts of the pandemic
- All services provided on line and by telephone including tribunal hearings



SEAHAVEN FOOD BANK

WE DELIVER

- Coordinating referrals
- Donations from local partners and individuals
- Coordination of volunteers
- Access to Information and Advice
- Coordination with other local Food Banks

OUR IMPACT

- All clients referred into SCDA's Advice and Information Hub for wraparound support for issues including debt, welfare benefits, housing and mental health
- Food parcels received by 100 families
- A total of 366 adults and 204 children received support from the Food Bank
- 1277 food parcels distributed
 - Average of 4 visits per client
 - Average of 33 parcels a week distributed before Covid 19
 - Food parcels distributed rose extremely rapidly with Covid 19 lockdown
- Seahaven Food Bank open 4 days a week and transferred in March 2020 to delivery system
- 18 referral partners
- More than 20 local donation partners, as well as many generous individuals
- Chosen as Sainsbury's local store Charity of the Year

- 13 dedicated volunteers coordinating packing distribution and storage
- Volunteer-led initiative 'Friends of Food Bank' continues to support the Food Bank through donation drives and fundraising
- Personal hygiene supplies including shampoo, soap and toothpaste, fresh fruit and vegetables and frozen meals cooked in the Community Kitchen included, as available
- Other emergency items such as bedding and cooking utensils provided in partnership with our charity shop
- Budget Bites cook books distributed
- Donated books distributed for children in families in receipt of food parcels at Christmas 2019

Covid 19 response

- Significant and sustained increase in demand and needs of the most vulnerable in the community – 6 times pre-Covid capacity
- Food donations decreased but additional demand supported through emergency fundraising supported by Friends of the Food Bank, individual financial donations and additional supplies through Lewes District Council
- Team relocated in order to operate an larger delivery service to meet social isolation guidance



RURAL DOMESTIC & SEXUAL ABUSE RECOVERY PROJECT

WE DELIVER

- Community engagement in six pilot rural areas
- Evidence of the level of needs in rural communities
- Development of an evidenced delivery approach

OUR IMPACT

- Discovery and Planning phase in 6 pilot areas
 - Across Lewes, Wealden and Rother rural districts
 - Increased awareness of domestic and sexual abuse and how it affects rural communities
- Awareness raising events attended by over 150 participants
 - Hearing the voices of those with lived experience of abuse
 - Understanding the support services working directly with them
- Created a stakeholder network throughout Sussex
 - Parish councils, local Police forces, East Sussex MPs, Community Safety Partnerships, East Sussex County Council, other local and national support organisations
- Provided support and navigation to 27 service users, who came to our service as a result of our online outreach and awareness raising work

Covid 19 response

- It is agreed that the lockdown and isolation resulting from the Covid-19 pandemic will result in an increase in domestic violence and abuse
- There is an anticipated surge of victims who will then seek support as restrictions lift
- We aim to increase the opportunities for victims and survivors of domestic and sexual abuse to seek the help they need through targeted online outreach and increasing our capacity to respond and support

Rural Domestic & Sexual Abuse Recovery project works to:

- Work in partnership with Action In Rural Sussex and the Rita Project
- Increase the space for victims of domestic and sexual abuse to recover and increase their capacity to live positive and healthy lives
- Build trust in rural communities to support disclosure and create a safe referral pathway for those who have not yet sought support
- Develop a model of delivery with the intention of replicating across rural Sussex over the next three years



Safe from Harm aims to:

- Support individuals across East Sussex who have been the victim of high risk anti-social behaviour, targeted harassment, have experienced a hate incident or a hate crime, cuckooing or other persistently targeted individuals
- Provide a flexible approach delivered through a personalised support plan
- Increase overall safety and confidence in reporting incidents and reduce risk to individuals

SAFE FROM HARM

WE DELIVER

- Casework support for people affected by high risk antisocial behaviour, harassment and hate crime
- Collaboration on referrals through local authority housing and Sussex Police
- Building partnership working to ensure additional client support

OUR IMPACT

- Assessed 95 new referrals to the service
- Provided support to 81 victims of antisocial behaviour or crime
- Attended Anti-Social Behaviour Risk Assessment Conferences (ASBRAC) in each borough and district of East Sussex on a monthly basis
- Attended 6 weekly case review meetings
- Attended 'cuckooing' meetings to identify support for victims
- Coordination of partner additional support for clients and delivering a holistic service by signposting and referral
- Monitoring impact of support on people's well-being before and after the intervention of the Safe from Harm caseworker using Warwick-Edinburgh Mental Well-being Scale
- 44 clients completed a Well-being Matrix before and after support from Safe from Harm

- Before intervention 80.5% of all clients had low well-being; after intervention no client reported low well-being
- 100% of clients after intervention had high/moderate well-being
- Worked across 11 different categories of crime including 12 cuckooing cases, 48 neighbour disputes, 16 physical assault cases and 17 criminal damage cases

Covid 19 response

- Safe from Harm has experienced a significant increase in referrals since the start of the Covid crisis, as neighbour disputes and antisocial behaviour intensified through lockdown
- Need for amended delivery; providing regular phone contact and adapting to the new situations our clients found themselves in

SOMPRI TI

WE DELIVER

- Community development workers with the ability to build community trust
- Community confidence to ensure word of mouth referrals
- Support to access a range of services and ensure holistic support
- Community events and activities in Lewes and Wealden Districts

OUR IMPACT

- Maintained 'Fair Access?' card campaign to highlight access to services
- 180 BAME organisations and individuals and over 1,300 statutory and voluntary organisations contacted to publicise the dates for voter registration
- Arranged or supported 12 community events in Lewes and Wealden districts
- 5 Wealden Activity Days supported involving 400 people
- Supported 55 community activities in Lewes and Wealden districts
- Over 1,000 people attended events and activities – 16 identified ethnicities
- 114 people supported with advice and information – 12 identified ethnicities
- 17 people supported with training activities – 4 identified ethnicities

Covid 19 response

- Covid 19 has disproportionately affected people from BAME backgrounds, with higher rates of hospitalisation and mortality. We are working with Lewes District Council to explore the impact of Covid 19 on those from BAME backgrounds in our area
- We have distributed East Sussex Health Watch surveys through our Food Bank
- We are recruiting a Sompriti Development Worker to explore these themes over the coming months through outreach and participation

Sompriti aims to:

- Work with the diverse BAME communities in East Sussex through:
- Advocacy and support
- Information and activities

We support people to:

- Access services and ensure services are responsive to community needs
- Become active members of their communities
- Find support and community links

“ You helped me and reassured me all the way with whatever was needed and your contact with me was brilliant ”



Employability aims to:

- Support local people to gain the skills and confidence to secure sustained employment in a diverse and changing local labour market
- Build partnerships to address the barriers to employment and secure funding through quality assured and innovative delivery
- Support employers to recruit and retain staff in a diverse labour market
- Address people's physical health and mental well-being by supporting them into employment, training, volunteering and education

WE DELIVER

- **Sustained employment (including self-employment) for anyone over the age of 18 through 1 to 1, virtual and group work, supporting families, adults and the local community**
- **Meaningful voluntary work, work trials and work placements enable participants to gain confidence and new skills**
- **Support to access training and education improving the skills in the local work force to meet employers' needs**

Work and Health Programme (WHP)

Seven year programme in partnership with Shaw Trust supporting people with health issues and disabilities to access sustained employment. Funded by Department for Work and Pensions (DWP) and the European Social Fund (ESF) January 2018 to 2024

- WHP Employability team was nominated by Shaw Trust for the ERSA Supply Chain Partner of the Year award in 2019 for our consistent results and innovation

Let's Get Working (LGW)

LGW is a National Lottery Community Fund and ESF funded project. This action research social prescribing programme has been extended to summer 2022 and aims to support over 1,500 people with long term conditions and disabilities to get into work, training, volunteering and community engagement

- Working across East Sussex and Kent with our partners Social Enterprise Kent (SEK) and Royal British Legion Industries (RBLI)

Aspirations

Aspirations is a National Lottery Community Fund and ESF funded project. Aspirations is a specialist mental health project delivering 1 to 1 support for people not accessing mainstream mental health services to overcome barriers to work, training and volunteering

- Working in partnership with Porchlight

Get Socially Active/Recycle

Get Socially Active/Recycle (GSA) is a National Lottery Community Fund and ESF funded project. GSA supports people to find sustainable employment and access training, volunteering and education in the Lewes District area

- Recycle is our bicycle workshop, refurbishing donated bikes for sale in our local charity shops or on line

SCDA Employability works on a further 2 projects

supporting people with significant barriers into work, training and volunteering across East Sussex

OUR IMPACT

- **1,107 people have found employment, training, volunteering and work related activities**
- **902 participants across East Sussex and Kent**
- **19 people supported into self-employment, through developing business plans, ensuring legal and benefits rights are understood and ideas are sustainable**
- **92 employers offered work related support to fill vacancies**
- **79 health professionals supported referrals to address employment for people with long term conditions and disabilities**
- **150 self-referrals from the local community**
- Aspirations supported 74 people with mental health issues to overcome barriers to work and volunteering
- LGW supported 516 people to access a wide range of activities to improve mental and physical wellbeing
- Worked with 44 families to address barriers to accessing opportunities, supporting sustained changes
- 23 people supported at the Recycle workshop, building skills in bike maintenance, bike renovation and sales
- 190 people supported to access training including accredited courses in health and safety, food hygiene and first aid; CICS (construction) SIA (security) certificates, resulting in paid employment
- Less than a 5% drop out across all our projects
- Transformational new approach to plan dealing with stress, anxiety or low confidence: 100% of service users are offered the opportunity to discuss mental health concerns 'what do you want to do/ where are you now?'
- 68% of people on LGW report better mental well-being since starting the project

- 68% of LGW participants recorded improved levels of confidence in their ability to participate in work and training
- 48% of LGW participants reported a reduced need for medicalised intervention
- 55% of LGW participants have improved family and community connections
- 100% of Employability participants have access to debt and benefit advice, ensuring barriers to engagement in employability activities and employment are minimised
- 100% of participants have access to work trials
- 53% of participants record improved levels of everyday living conditions
- Client forum to ensure participant engagement in shaping services
- 17 volunteers support delivery through Recycle and LGW Community Messengers
- Quality assurance and high performance: passed to a high standard all external audits across Employability programmes
- Successful IAG Matrix reassessment January 2019
- Research continues into the impact of social prescribing supporting health referrals into employability support
- 3 Occupational Health university placements successfully placed within the LGW team

Covid 19 response

- All Employability projects swiftly moved to 100% remote delivery
- Digitally excluded participants identified and supported with IT to ensure no one was excluded from our support
- Virtual platform developed to ensure a blended service of remote working and virtual platforms are offered

“ Less than a year ago it would have been almost impossible for me to go and meet a group of strangers so it has really helped with my personal progression ”

“ The project has given me more confidence and purpose in life ”




**Sussex
Community
Development
Association**



SCDA Board members:

Maria Aguilar
 Graham Amy
 John Bell
 Leslie Cluskey (appointed March 2020)
 John Cornish
 Helen Macaulay
 Ken Mackenzie (resigned December 2019)
 Daniel Osborn
 Ioni Sullivan
 Sean Williams
 Andrew Shields (appointed November 2020)

SCDA Patrons:

David P Allam DL
 Hugh T Burnett OBE, DL
 Caroline Mayhew
 Robin Furber
 Andrew Gibbs

Sussex Community Development Association

Denton Island Community Centre
 Denton Island
 Newhaven
 BN9 9BA
 Tel: 01273 517250
 Website: www.sussexcommunity.org.uk

SCDA Member groups:

1218 (Newhaven) SQN Air Training Corps
 Access in Seaford & Newhaven
 Bambino Beatz
 Boomerang Klub
 Castle Hill Group
 Churches Together in Newhaven
 Community Spirit
 Community Transport Lewes Area
 Country Markets
 Denton & Newhaven Guides
 Denton & South Heighton Junior Football Club
 Eastbourne Blind Society
 East Sussex Recovery Alliance
 Force Basketball
 Friends of Sompriti
 Friends of West Quay
 Furniture Now!
 Growing Together Community Garden
 Hanson Road Residents Association

Hastings Advice and Representation Centre (HARC)
 Haven Harmonies
 Hillcrest Amateur Boxing Club
 Hillcrest Community Partnership
 Home Start South Downs
 House Project
 Lewes & Seaford CAB
 Lewes District Churches HOMELINK
 Meeching Amateur Dramatics
 Meeching Valley PTFa
 Meeching WI
 Meridian Mature Citizens' Forum
 Munchkins Parent & Toddler Group
 National Coastwatch Institution
 Newhaven & District Lifeboat Society
 Newhaven & District Mencap
 Newhaven & District Model Railway Club
 Newhaven & Seaford Cadet Unit 442
 Newhaven & Seaford Sailing Club

Newhaven Baptist Church
 Newhaven Chamber of Commerce
 Newhaven Cricket Club Senior Section
 Newhaven Cricket Club Youth Section
 Newhaven Families Forum
 Newhaven Football Club
 Newhaven Gardening Society
 Newhaven Historical Society
 Newhaven in Bloom
 Newhaven Karate Club
 Newhaven Knit & Natter
 Newhaven Ramblers
 Newhaven Royal British Legion
 Newhaven Tennis Club
 Newhaven Twinning Association
 Newhaven Yacht Club
 Newhaven Young People's Forum (NYPF)
 Newhaven, Peacehaven & Seaford Lions Club
 NIPPERS

Noah's Ark Nursery School
 Nomads
 Old Town Community Association
 Old Town Community Library
 Our Newhaven
 Ouse Valley Cycle Network
 Rotary Club of Newhaven
 Seahaven Bird Rescue
 Seahaven Harriers Fundraising Committee
 South Coast Bounty Hunters' Fishing Club
 St Leonard's Church, Denton
 Start Art & Smart Art
 Supporters of Southdown PTA
 Tenants of Lewes District (TOLD)
 Seahaven Academy Governing Body
 University of the Third Age (U3A)
 Wave Leisure Trust
 West Quay Residents Association