

2020-2021



Making a difference in our community

Sussex Community Development Association
Annual Report 2020-2021

sussexcommunity.org.uk

Making a difference in our community by improving economic stability and opportunity, health and wellbeing and addressing loneliness, social isolation and social cohesion.

Sussex
Community
Development
Association

delivers

difference

Community
Advice &
Wellbeing

Employability

Community
Development &
Health

Social
Enterprise



Driven by
Needs



Person
Centred



Inclusive



Quality



Building stronger,
healthier
communities



Working in
partnership

SCDA Values

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

Mental wellbeing

Physical health

Safety and security

Empowerment and choice

Connecting and giving

Learning and skills

Home and money

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 24th AGM will take place on 8th December 2021. This annual report summarises the full range of SCDA activities in the period 1st April 2020 to 31st March 2021. This report reflects the responsiveness of SCDA staff and volunteers in ensuring the needs of our community in these extraordinary times of pandemic 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: Community Development and Health; Community Advice and Well-being; Employability and Social Enterprise.

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 and delivers sustained change.

- **44,652** 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 includes being the 'glue': coordinating services to ensure cost effective local delivery and building voluntary sector capacity.

- 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 and 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
- Quality kitemarks: Information Advice and Guidance Matrix, Ofsted and British Association for Counselling and Psychotherapy
- 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.

- Developing community and individual skills
- Listening and acting on participant feedback
- Building community strengths and assets

Building stronger communities

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.

- **437** volunteers, community messengers and community champions
- **73** member groups
- **93** full and part time staff

Inclusive

Outreach

SCDA reaches into communities to identify needs.

Services

SCDA supports diverse communities

Staff and Board

SCDA supports inclusion in access services, employment, volunteering and governance

John Cornish

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 £3,950,072. This was a decrease of 4.6% compared to the previous year but an increase of 5% when capital grant income is excluded.

Unrestricted income from charitable activities increased by 11.7% to £1,750,045 (2019/20: £1,566,414), even though the prior year total included the final £185,000 contribution from a number of long-term Healthy Lifestyles projects that ended in September 2019. The increase is attributable principally to the first full year contribution from the Making it Happen project and an expansion of the scope of the Welfare Reform project. Unrestricted income also includes Covid pandemic related support received from a number of government and other sources, which helped the charity deal with the negative impact of the pandemic on its social enterprise activities.

Restricted income from charitable activities reduced by £427,000 from £2,444,508 to £2,017,508. These totals include capital grants received for the construction of a Young People's Centre in Newhaven, which was completed in April 2020. Excluding these grants, which amounted to £422,434 in 2019/20 and £37,692 in 2020/21, the year on year change in restricted income was a reduction of £42,258.

Donation income, the majority of which is unrestricted, decreased by 21.5% to £84,356 (2019/20: £107,432), as Covid impacted the operation of our charity shops and our affordable counselling service. These negative impacts were partially offset by an increase in cash donations to the Seahaven Foodbank.

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

36% 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 54% of SCDA income.

Expenditure

Total expenditure increased by 3.9% to £3,733,567 resulting in a surplus for the year of £216,505.

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 frontline delivery running SCDA services and projects.

Reserves

At 31 March 2021 SCDA's total reserves (restricted and unrestricted) were £1,738,669 an increase of 14% on the previous year. Free reserves at the same date stood at £138,084

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 2021 are available via the websites of Companies House and the Charity Commission.

Helen Macaulay

Helen Macaulay
Treasurer

Community Action & Assets

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

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: responding to community needs during Covid 19

Our response to Covid-19 has been flexible at each Hub to ensure local people could receive support. In Newhaven the community centre remained open throughout enabling the Nursery, Midwife Service and Foodbank to continue to operate. In Eastbourne the community centre closed for some of lockdown but the local help point and a befriending service were delivered by centre staff working from home. In Hailsham we closed the centre but delivered our befriending service with staff and volunteers working from home and, as lockdown began to ease, restarted our allotment project.

- Due to the pandemic, Community Centres were required to close 17th March 2020 to 4th July 2020, 5th November 2020 and 2nd December 2020 to 12th April 2021 for all but essential services such as the Food Banks, Help Point, Nursery and Midwifery. The restrictions on permitted activities has had a direct impact on numbers of people visiting the Hubs

- Essential exempt services were supported to meet additional demand
- Existing and new activities were adapted to remote delivery and with a focus on Covid-secure outdoor activities
- The pandemic has brought growth in the local sense of community and encouraged people to volunteer to support others

Community Development Bexhill

- Working to secure funding to re-establish a community hub in Bexhill
- Tri-shaw project successfully restarted with rides led by volunteer 'pilots' for 4 local care home residents

Community Development Hailsham

- Join Together befriending supporting 87 people, with 70 volunteers delivering by phone:
 - **100%** of befriendees contacted have reported they feel less lonely and isolated as a result of receiving the service
 - **83%** of service users report they feel a greater sense of community support
 - **76%** reported they are better able to cope with the impacts of Covid-19

The support from this group has kept me going during a very difficult time for me and my family. Meeting up has been great and a life saver, can't wait to meet up face to face in May.



The online Mindfulness course was just brilliant! I am more positive and wish I had done it much sooner in my life. With lockdown and everything, I don't think I would have coped otherwise.



- Thriving Community Allotment with 14 regular attendees
- Children and Families group developed and supporting 8 families each week
- Strong partnership built with Hailsham East Children's Centre with scope to work on a community food project
- 25 active volunteers
- School uniform donation station
- Volunteer-run Crochet and Chat group supports people in learning a new skill and reducing social isolation.
- 12 community members attend
- Promotion and distribution of lanyards for the Hidden Disabilities scheme
- Social Media profile doubled with 928 followers on Facebook

Community Development Newhaven

- 2,080 visits to Denton Island Community Centre
- Brighton and Sussex Hospitals Trust Midwifery services supported and maintained throughout the lockdown
- Denton Island Nursery - exempt delivery for children of key workers and vulnerable children continued throughout lockdown
- Seahaven Foodbank meeting the increased demand for food parcels during lockdown supported by a dedicated team of volunteers and additional storage and sorting space
- I-Rock (Sussex Partnership NHS Foundation Trust) delivering mental health support for 14 to 25 year olds recommenced face to face delivery as lockdown eased

- Continuation of building works for dedicated Youth Centre and community gardens on site and completed March 2021
- Support for return of other services to meet Covid-secure compliance
- 16 members of Forums acted as Community Messengers, consulting with neighbours and community members to inform delivery of services
- Family Learning courses organised online and delivered remotely
- Volunteer newsletter designed, celebrating the volunteer effort during the pandemic
- Newhaven and Lewes shops closed in lockdown and reopened with the support of 15 dedicated volunteers
- Social media profile raised. Facebook followers increased by 50% and Instagram page created
- Children and Families garden developed to include a planting and growing area supporting outdoor Covid-secure activities

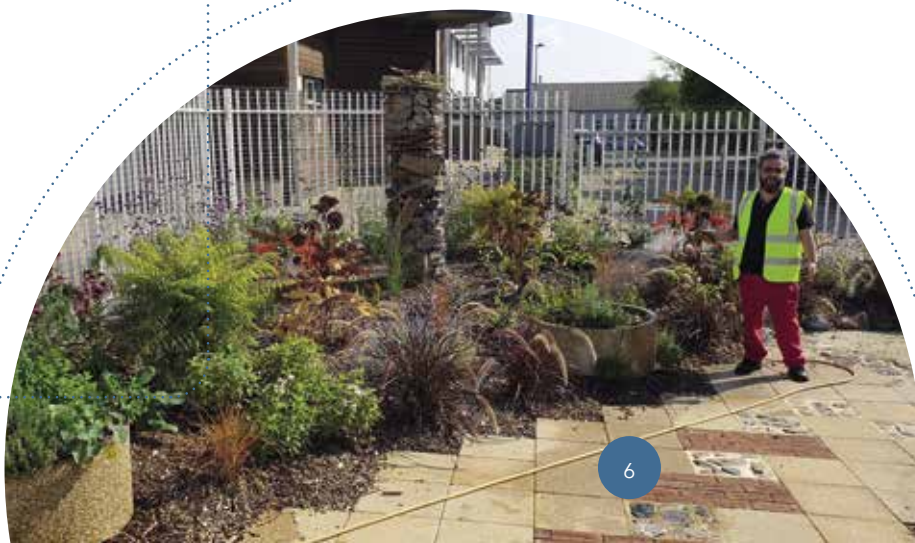
Community Development Eastbourne

- 2,251 visits to the Centre (compared to 22,919 in previous year); regular occupancy reduced from 50% in February 2020 to 2% in March 2021
- Coronavirus Help Point established in March 2020: 36 Community Volunteers provided support to 75 households
- 190 Activity packs distributed to Help Point clients and Friday Club members
- Increase in volunteers from 29 in 2019-20 to 49 during 2020-21
- We ran 2 Covid-secure community events during lockdowns:
 - Christmas Party for playgroup attendees, limited to 12 families
 - Socially distanced 'Pumpkin Patch Pit-Stop', over 100 people attended outdoors



We shall never forget how much better you made the lockdown for us.

- School holiday Family Café launched during the February 2021 half term
 - Café adapted to a 'take-away and play' service due to Covid restrictions
 - 175 healthy take away lunches each day of the school holidays 11 families
 - 100% positive feedback about the meals and play activities
- Distribution of £1,000 in Covid Winter grants of £100 to 10 families in January 2021
- Worked with partners 3VA, Towner Art Gallery, Tubbs Computers and local schools to deliver 29 computers, 92 educational art packs and mental health support to local families through lockdown
- Volunteer supported community activities which ran as permitted during 2020-21 included the Help Point; Little Trees Playgroup; Willingdon Trees Gardeners; Family Café; Donation Station and Book Exchange; Free Jumble Sales; computer and Wi-Fi access; Family Crafty Trees Family Craft Club; Friday Club for over 55s; Towner Art Gallery and Crafty Annie's CIC provided craft packs by post to members



Denton Island Nursery

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
- 22 members in a stable staff team help us to provide consistency for children and families
- Key workers for all children

OUR IMPACT: responding to community needs during Covid 19

- Denton Island Nursery was the only setting to stay open during Covid 19 lockdown in Newhaven
- The staff team were able to maintain support for 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
- 99 children registered
- Rated Good by Ofsted inspection 2019. Quality maintained through management plan
- 30 children supported in transition to school in September 2020
- Supporting 3 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



.....nursery was very helpful over lockdown, I was a keyworker and needed to still go to work so knowing I had somewhere for my child to go meant a lot.



- 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
- Supporting 3 staff to gain level 3 Early educator
- Supported 1 member of staff to gain level 3 SEN training and develop SEN role within team
- 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 with dedicated staff

OUR IMPACT: responding to community needs during Covid 19

There was limited face to face activity delivery indoors at the Community Centre during the year April 2020 – March 2021 because of Covid restrictions, however support was adapted to remote delivery, outdoor activities and to supporting families in lockdown at home with Community Centre activities as restrictions lifted:

- 35 families received resource and learning packs delivered to their homes by staff and volunteers
- 20 family learning courses offered on line
- 4 active volunteers through Newhaven Families Forum
- 30 local childcare and children's services providers engaged with about the work of the families team and invited to on line network events
- Social media profile raised with the support of a dedicated social media volunteer: 1,500 followers on Facebook and an increasing numbers of engagements through social media interactions
- 16 families engaged in outdoor learning projects including Plant and Play and Family Forest School in Newhaven
- 12 families engaged in outdoor learning projects at Willingdon Trees were supported by the Families' team
- Holiday Activities and Food pilot, engaging children in 6 different local schools and involving 9 children from 6 families
 - 88% of the children tried a new food
 - 100% said they enjoyed the holiday club



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
- Be responsive to the changing needs of the community we serve guided by the members of that community

WE DELIVER

- 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

Family Inclusion



My children had an amazing time, they don't want it to end. Cannot speak more highly of the summer club and staff.



Young People aims to:

- Support mental wellbeing, 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

WE DELIVER

- Three weekly term time youth groups and holiday activities
- Outreach to promote engagement and access
- Information and advice drop in: Platform-9 (wellbeing 1-1s)
- Support youth mental health through wellbeing groups, counselling and peer to peer support
- Partnership, Activities, Community and Education (PACE): supporting extended learning time and increasing wellbeing
- Promotion of youth voice and participation including Newhaven Young People's Forum (NYPF) and annual youth survey
- Development of dedicated Youth Centre for Newhaven

OUR IMPACT: responding to community needs during Covid 19

National Youth Agency guidance meant direct delivery stopped and all services were adapted for remote delivery. Overnight, the youth team modified all aspects of our service, ensuring young people were able to access virtual youth clubs and remote 1-to-1 wellbeing and counselling sessions.

As restrictions lifted, the new youth centre was opened and young people able to attend in person, following Covid-secure guidelines.

- Engaged with 235 young people across all youth projects during the pandemic, with a footfall of 620 at the new Youth Centre.

Youth clubs and activities

- 3 weekly youth clubs, remote and face to face delivery as required by Covid restrictions: 88 individual attendees and 45 new enrolments
- Provision is youth-led and adapted to the needs of the current cohort
- 33% of youth club attendees are members of the LGBT+ community
- 20% of youth club attendees also attend other SCDA young people's provision including wellbeing services, youth counselling and the NYPF
- Themes focussed on: transitions, mental health and wellbeing, identity, inclusion and Green and Blue Open Spaces
- 80% of existing youth club members continued engagement alongside new members

Participation

- 6 active NYPF members
- 3 young volunteers supported the delivery of youth clubs
- NYPF and young volunteers continue to work on The Period Project and the LAST project (a peer support session for members of the LGBTQ+ community and allies)



We get to put our stamp on (the youth centre) and all the stuff that is in the building is just for us... There's lots to do'.



Information and advice

- PACE project engaged with 39 young people and their parents/carers in Newhaven and Hailsham. 11 of these young people engaged with the 12 week programme
- Wellbeing Groups and 1-1s: 158 young people attended
- 80% of participating young people identified Youth Workers part of their support network
- 40% of participating young people engaged in other activities
- 57% of young people said they feel enabled to make informed decisions about positive behaviour and lifestyle changes
- 90% of participating young people identified that they had learnt something new regarding the consequences of negative behaviour choices
- Unable to deliver outreach within the schools due to Covid restrictions
- Delivered Smoke-Less Workshops to 4 young people at Seaford Head School

Partnership

- SCDA Youth Team is a key member of the Seahaven MASCOT Team and Youth Infrastructure Forum, chaired by Sussex Clubs for Young People.
- Partnerships include ESCC Target Youth Support, Lewes District Youth Prevention Officer, Sussex Police, the I-Rock provision through NHS Sussex Partnership Foundation Trust and local secondary schools
- PACE is delivered in partnership with Sussex Clubs for Young People



OUR IMPACT: responding to community needs during Covid 19

Covid-19 impact on emergency food needs and the Food Bank was immediate and extreme. Overnight demand went from 30-40 food parcels a week being collected from our High Street office, to sourcing and coordinating food supplies and recruiting sufficient volunteers to pack and deliver over 220 food parcels each week throughout Newhaven and Peacehaven.

Whilst the number of food parcels has reduced throughout the year we delivered an average of 150 each week in 2020-21 throughout the pandemic.

Seahaven Food Bank

- Clients referred into SCDA's Advice & Information Hub for wraparound support for issues including debt, welfare benefits, housing and mental health
- Food parcels received by 381 unique households
- A total of 513 adults and 350 children received support from the Food Bank
- 7,674 food parcels distributed
- Average of 12 deliveries per client
- Food parcels distributed rose extremely rapidly with Covid 19 lockdown
- Seahaven Food Bank open 5 days and operated a volunteer delivery service for the duration of lockdown
- 18 referral partners
- More than 20 local donation partners, as well as many generous individuals
- 36 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



I was struggling with debt and was having to use the foodbank, (the Advice hub) referred me to the citizen's advice, provided me with a voucher to help with my gas and electric bill and I became a community supermarket member. I have poor mental health so...I can't thank them enough!



Food Security aims to:

- Provide an emergency food response in Newhaven and Peacehaven
- Work within Lewes District to create a healthy, sustainable and equitable food system
- Promote healthy affordable food choices across all age groups

WE DELIVER

- Referrals for emergency food parcels
- Coordination of donations from local partners and individuals
- Coordination of volunteers
- Access to Information and Advice
- Coordination of Denton Island Community Kitchen
- Coordination of Lewes District Emergency Food Network
- Development of Lewes District Food Partnership
- Collaboration across East Sussex Food Partnership
- Development of Community Supermarket

- Over 150 Christmas presents distributed to children in families in receipt of food parcels with support from Peacehaven Town Council and Much Ado Books

Peacehaven Community Supermarket

- Peacehaven Community Supermarket opened as a pilot project in March 2020
- 13 new members
- 'Befriending' training delivered to dedicated volunteer team
- 'Pay as you feel' ethos
- Project aims to reduce stigma and provide dignity and autonomy for members

Denton Island Community Kitchen

- Team of eight cookery volunteers including two volunteer cookery leaders
- 300 portions of food cooked and frozen each week
- Nutritious meals distributed in food parcels to defrost and reheat
- 200 Christmas dinners distributed

Lewes District Food Partnership

- Over 70 stakeholders engaged
- Kick-off meeting with 26 attendees
- Emergency Food Action Group formed with 7 members coordinating Lewes District action
- Community engagement in food asset mapping through Lewes District Community Network
- Established strong relationships with other District and Borough food partnerships and Brighton and Hove Food Partnership



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
- Create and sustain opportunities for access to Green, Open and Blue Spaces for health and wellbeing
- Promote and encourage growing food for health

OUR IMPACT:

responding to community needs during Covid 19

HAILSHAM ALLOTMENT

- As lockdown restrictions lifted, Hailsham Hub supported the development of a community allotment to encourage social engagement, access to outdoor space and growing vegetables which have been donated to the community and the Hailsham Food Bank

WILLINGDON TREES COMMUNITY GARDEN

- Active Willingdon Trees Gardeners group
- 12 families engaged in outdoor learning

NEWHAVEN CHILDREN AND FAMILIES GARDEN

- Children and Families garden developed to include a planting and growing area to enable outdoor Covid-secure activities
- 16 families engaged in outdoor learning projects including Plant and Play and Family Forest School in Newhaven

NEWHAVEN YOUNG PEOPLE

- Young people encouraged to make greater use of green and open spaces during lockdown through virtual youth club delivery
- Covid secure face to face Youth work delivery at the Youth Centre at 3 youth clubs made possible through access to the Youth Centre garden

DENTON ISLAND COMMUNITY CENTRE

- Young people involved in the design of the new Community Centre garden area which is part of the extended Youth and community Centre offer
- Design includes 'greening' of the area between the buildings and creation of an activity area with water feature and natural planting

GREEN AND OPEN SPACES

- During lockdown supported local people to access the local green and open spaces through footpaths and coastal walks through the development of Green, Open and Blue Spaces Facebook group with 84 members sharing local walks and cycle routes and encouraging access

- Routes identified with information on access including for families with small children and buggies
- SCDA chairs the Health and Wellbeing subcommittee of the Sussex Local Nature Partnership coordinating the aims of supporting access to green spaces for health and wellbeing
- Continued promotion of research results published with University College London (UCL) and University of Sussex on health impacts of access to green and open spaces and barriers to access

CLIMATE CHANGE: OUSE VALLEY CARES

- Successful partnership proposal with South Downs National Park Authority for Ouse Valley CARES project (Climate Action, Resilient Ecosystems and Sustainability)
- An ambitious Lottery-funded project to address climate change at a community level with a number of partners including 3VA, Transition Town Lewes, Seaford Community Partnership, Lewes Railway Land OVESCO, Lewes Climate Hub and Lewes Climate Action Forum
- SCDA development worker ensuring wide reach and community engagement
- SCDA testing new engagement activities on climate change and active travel

WALKING AND CYCLING

- Active travel hub to support and encourage modal shift to cycling and walking
- Promotion of access to the cycling and walking routes available in local green spaces
- Purchase of a trishaw to support older and disabled people's access to open spaces
- Working in collaboration with Sustrans on access to activities and bikes
- Supporting availability of affordable refurbished bikes through SCDA Recycle project
- Working with Govia Thameslink Rail and Brighton and Hove Buses on public transport links and routes for walking and cycling
- Working with Lewes and Newhaven Gig Clubs on river access and water-based activities



It has really helped me feel in touch with my community.



MAKING IT HAPPEN

OUR IMPACT:

responding to community needs during Covid 19

- Improving well being and reducing health inequalities through delivery of Asset Based Community Development (ABCD)
- ABCD places communities in the driving seat to identify and mobilise existing assets to create positive local change
- Delivering in partnership with AIRS, 3VA, RVA and HVA in 17 selected neighbourhoods across each of the 5 Districts and Boroughs of East Sussex
- Moved from face to face community-based to virtual delivery and the focus of our teams was to ensure communities had access to the range of support and crisis response services available
- Rapidly adapting community development worker support to the constraints of lockdown and homeworking to maintain community liaison
- Covid-19 and lockdown has had a major impact on the means to promote adopting a healthier lifestyles and deliver supporting services and activities. But contact across the 17 communities has been maintained virtually.
- Community Development Workers provided virtual support by: signposting individuals and groups; supporting new activities; Small Sparks micro grants and facilitating collaboration between groups
- During lockdown to 17th July 2020 Community Development Workers logged 1,402 contacts with individuals, groups and organisations as part of the Covid response.
- Between 18th July 2020 and 31st March 2021 Community Development Workers across the county reported:
 - Significant connections with local 'assets': community and voluntary groups and individuals
 - Support to learning through networking, training and peer support
 - Main themes of discussion about people and places
- 33 Small Sparks grants allocated by Teams across the 17 neighbourhoods including:
 - Hailsham Crochet and Chat
 - Peacehaven Bee Corridor
 - Eastbourne LGBTQ Parent Support Group
 - The Hastings Library of Things
 - Camber Community Book Stop
- Centre for Health and Realist Research have been commissioned to work alongside the Making it Happen Team to evaluate the effectiveness of the ABCD approach
- Trust for Developing Communities have been commissioned to co-produce a learning programme to support development of a wider ABCD community of practice

WE DELIVER

- Developing delivery with local people to meet their needs and support affordable, accessible, community led activities
- Inspiring local people in target areas to live healthy and active lives
- Promoting links between mental wellbeing, physical activity and eating healthily
- Supporting people to feel connected with the community around them and make best use of the assets and sustain activities



Wellbeing aims to:

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

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 for individuals bereaved by suicide
- Partnership working with Counselling Plus Community in Hastings and Rother



The Counsellor helped me to recognise that I could stand back from some of the challenges I am facing, and that I need to focus on building my own resilience and positive attitude.

OUR IMPACT: responding to community needs during Covid 19

Staff moved to working from home under lockdown across all projects. Face to face delivery replaced with phone and online appointments.

- Counsellors learnt how to engage and hold safe spaces whilst delivering sessions online. Support on this provided through peer support, clinical supervision and BACP training
- Set up specialist counselling provision for those experiencing bereavement and loss due to Covid-19
- Responding to increasing need and impact of lockdown on mental health and wellbeing, such as loneliness and isolation, reduction in support networks, increased levels of fear and stress
- 403 referrals
- 203 people received counselling
- BACP quality assured

AFFORDABLE COUNSELLING

- Affordable counselling offered by 23 quality assured volunteer counsellors
- 238 referrals received and assessed for individuals aged 16 to 90
- 85 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 13 young people through issues including self-harm, bereavement, anxiety
- Young people offered up to 12 sessions
- 30 referrals received and assessed
- Youth counselling expanded from September 2020 to 4 volunteer counsellors

SUPPORT FOR SURVIVORS OF SUICIDE (SSOS)

- 61 referrals and 42 clients supported
- Clients are offered 8 sessions of 1 to 1 counselling (access to counselling is offered immediately)
- Training in Safeguarding and Managing Suicide Risk was arranged for counsellors across SSOS, Affordable and Youth Services
 - Counsellors from diverse backgrounds were proactively sought to reflect the diversity of issues and presentations that clients present with
 - Additional links have been formed with other organisations to increase clients' access to ongoing support when leaving the service

BEREAVED BY SUICIDE OUTREACH

- 11 support groups for individuals bereaved by suicide (4 face to face and 7 online)
- From August 2020 to March 2021 23 people have accessed the service
- All clients offered, and the majority take up, 6 one-to one sessions
- Single point of access number live since February 2021

VOLUNTEER COUNSELLORS

- Group supervision and support of volunteer counsellors

LONELINESS AND SOCIAL ISOLATION

Joining Together – a support service developed in response to the needs of people during Covid

- Free counselling to people whose lives have been seriously impacted by the coronavirus pandemic, the sessions were delivered remotely
- 7 qualified volunteer counsellors
- 51 referrals received and assessed
- 45 went on to receive support of up to 6 sessions
- 100% of feedback about the counsellors was positive and 100% said that the counselling had made them feel better

OUR IMPACT: responding to community needs during Covid 19

SOMPRITI

- Shared key health messages and information with diverse communities
- Built a presence on social media platforms to increase engagement
- Shared information regarding Covid-19, recognising the disproportionate impact of the pandemic on people from diverse backgrounds
- Shared information in multiple languages, raising awareness and promoting events
- Working in partnership with local organisations, representing diverse communities
- Online survey - experiences of local culturally and ethnically diverse individuals
- Events planned - Table Talks and World Kitchen

SAFE FROM HARM

- Moved to remote delivery
- Increase in referrals, as families and households spend more time at home under lockdown
- 97 new referrals
- Provided support to 81 victims of antisocial behaviour or crime
- Attended Anti-Social Behaviour Risk Assessment Conferences (ASBRAC), review meetings and 'cuckooing' meetings, to identify support for victims
- Worked across 12 categories of crime
- Safe from Harm has currently suspended whilst additional funding is secured

RURAL DOMESTIC & SEXUAL ABUSE RECOVERY PROJECT

- Rural isolation exacerbated by lockdown restrictions
- Lockdowns led to increased incidences of domestic violence and domestic disputes
- Supported 10 individuals
- Continued regular networking and stakeholder updates
- Provided community navigation to ensure access to specialist support
- Digital marketing strategy helped engage with target communities
- Funding secured to support individuals from culturally and ethnically diverse backgrounds

Community Inclusion 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
- Increase confidence in clients to access the help they need
- Address the wider social determinants of health and wellbeing through 'social prescribing' supporting health, advice needs, food security, housing and employability

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

WE DELIVER SOMPRITI

- 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

SAFE FROM HARM

- Flexible and personal casework support for people affected by high risk antisocial behaviour, hate crime, cuckooing or other persistent targeting
- Collaboration on referrals through local authority housing and Sussex Police
- Strong partnerships to ensure additional client support

RURAL DOMESTIC & SEXUAL ABUSE RECOVERY PROJECT

- Community engagement in rural areas of East Sussex
- Partnership work with specialist providers such as The Rita Project and a stakeholder network throughout East Sussex
- Increased awareness of domestic and sexual abuse, creating space and support for recovery
- Support and navigation for those who need it



SCDA Community Advice 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

£4,239,215 annualised income gains

OUR IMPACT: responding to community needs during Covid 19

- £4,295,134 annualised income gains for Sussex residents
- Coordination of regular updates on the economic impacts of Covid19 and the triggers to greater needs for additional specialist advice provision

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: responding to community needs during Covid 19

- Moved to remote delivery in March 2020
- Established Advice and Info Hub as a phone line to replace drop-in
- Recruited a Triage and Assessment Worker to prioritise increase in referrals
- Referral pathway reviewed - ensure requests for emergency food dealt with efficiently
- 301 individuals supported by our Information & Advice Hub Community Navigators
- Issues addressed through information, advice, referrals and signposting include: food insecurity, welfare benefits, council tax, housing and homelessness, access to basic necessities, domestic abuse, family and relationship breakdown, fuel poverty, physical and mental health issues, immigration, advocacy and legal support

- Average of 159 contacts each month with and on behalf of clients
- 154 clients signposted to services through our new triage service
- 44 organisations as referral partners
- 125 clients received support from a dedicated CAB Generalist Advisor
- 324 contacts made by CAB Advisor, addressing 842 issues
- Supported local residents to realise £55,919 annualised income gains
- 2 Specialist Volunteers support the Community Navigators
- Volunteer built social media presence, sharing information across the Havens
- £30,000 distributed to 357 households (total 500 adults, 453 children) through Covid Local Winter Grant Scheme, providing energy and water rate vouchers
- The Hub operates predominantly as a phone service, however we are able to arrange Covid-secure face to face appointments if needed
- Predominant primary reason for contact is food poverty, fuelled by financial insecurity, changes to employment and pay, and delays/ issues with benefit payments
- Feedback from clients showed:
 - 86% of clients reported moderate wellbeing after intervention, compared with 32% before the intervention
 - 68% of clients reported low wellbeing before the intervention, compared with 14% after intervention

EAST SUSSEX WELFARE BENEFITS PROJECT

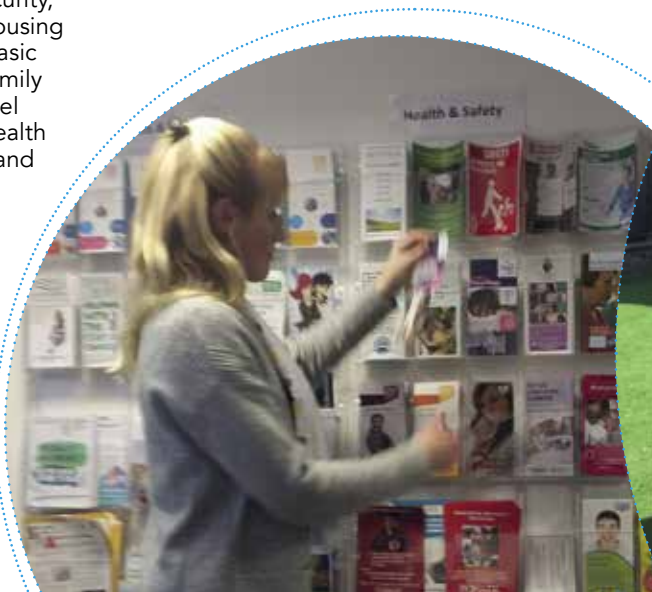
OUR IMPACT: responding to community needs during Covid 19

- Pandemic interrupted face to face support but increased demand
- Service adapted in March 2020 to telephone and on line support
- DWP Tribunals shifted to telephone sine 19 March 2020 supported by specialist welfare benefit advisors
- 8,147 people have received welfare benefits advice
- £4,239,215 annualised welfare benefit income realised for residents to access their full and correct benefit entitlement
- 77% of clients surveyed reported improved mental wellbeing
- For every £1 invested in this specialist service we generate £20 in financial gains for clients
- 14,115 household members have benefitted from specialist welfare benefits advice
 - 1,480 families with children received benefits advice
 - 1,923 older people received benefits advice
 - 5,709 people with long term health conditions received benefits advice

- 7,456 people contacted the phone and email helpline
 - 10,701 different benefit enquiries dealt with
 - 60% of callers live within the most deprived wards
- 1,573 people received case work support
 - 82% of casework clients live within the most deprived wards
- Reducing health inequalities that are driven by financial crisis or poverty:
 - PIP and Universal Credit are the most common benefits issues
 - 79% of callers had long term health conditions
 - 87% of casework clients had long term health conditions
 - Depression and mobility issues are the most common long term health conditions
- Addressing socially determined health and social care issues:
 - 629 referrals from health and social care professionals
 - 752 direct engagements with health and social care

WE DELIVER

- Free, quality assured, confidential and impartial welfare benefits and debt advice to address the wider determinants of health and wellbeing
- Coordinate collaborative delivery with specialist partners:
 - Eastbourne Citizens Advice Bureau
 - Eastbourne Age Concern
 - Hastings Advice and Representation Centre (HARC)



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 wellbeing 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 enabling 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 online, face to face and in group activities



I wasn't sure there were many more new tricks to learn, but I took something useful away from every session.



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 has consistently met or exceeded 100% of contract target to get participants into sustained work

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 2023 and aims to support over 1,600 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)
- Let's Get Working was highly commended at the ERSAs 2020 awards for best Disability and Health project of the year 2020

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 and works across East Sussex. This project has been extended to spring 2023

Get Socially Active

Get Socially Active (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. This project has been extended to spring 2023.

- Recycle is our bicycle workshop, refurbishing donated bikes for sale in our local charity shops or on line
- We support development of cooking skills as a stepping stone to volunteering, training and employment

Working Together for You

Partnering with Aspire, this project supports people with significant barriers into work, training and volunteering across Lewes District. This project has been extended to spring 2023

Live, Work, Thrive

Funded through CHART, Live, Work Thrive is a partnership with the Fellowship of St Nicholas, Education Futures Trust, Hasting Borough Council and Rother District Council started in the summer of 2020 with referrals from Rother Housing Team or other housing providers to support participants with housing issues and entrenched barriers into work

Moving on Up (E Star)

A programme under development supporting people in supported accommodation into work and/or apprenticeships

OUR IMPACT: responding to community needs during Covid 19

SCDA's Employability team were office-based across East Sussex at the beginning of March 2020 offering one to one support and activities. By end of March 2020 all staff were working from home, with participant meetings rescheduled to phone and on line individual support. Training was adapted to on line delivery.

SCDA identified participants who were digitally excluded. Working with East Sussex libraries IT For You, we delivered tablets with data included to ensure everyone could access online training, support and employment opportunities.

Regular on-line team meetings were maintained to ensure quality and performance to contracted targets



Gradual adaptation to the lifting of Covid restrictions enabled SCDA to offer Covid-compliant outdoor and indoor face to face meetings and we continue to offer a blended service to all our participants.

It is anticipated we will take forward the most effective elements of on line and telephone support to ensure good outcomes in supporting participants into sustained employment.

- 2,427 participants supported into training and employment
- 1,593 activities undertaken to support employment, training, volunteering and work related outcomes
- 21 new online activities created ranging from cooking, yoga, counselling, confidence building, stress management, finding work online, driving theory, customer service, photography and the arts to support participants to feel less isolated, build online relationships, gain work, access training and volunteering
- Less than a 5% drop out across all our projects
- Transformational blended approach to 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?' through blended online and phone support
- 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 referred have a health or physical disability with mental health conditions the number one reason for referrals



I would recommend it to anyone who is struggling like I was. I still have a way to go but I'm more excited about my future now.



- Client forums continued online to ensure participant engagement in shaping services during a very challenging time
- Over 100 IT Tablets given to participants to reduce digital exclusion
- 15 volunteers supported delivery through Recycle and LGW Community Messengers
- Quality assurance and high performance: passed to a high standard all external audits across Employability programmes
- Research continues into the impact of social prescribing supporting health referrals into employability support
- 6 Occupational Health university placements successfully placed across Employability teams and all support conducted virtually

Work and Health Programme (WHP)

- 797 participants supported
- 128 Work and Health Programme participants started work

Let's Get Working (LGW)

- 1,478 participants supported across East Sussex and Kent
- Engaged with 1,085 participants to support accessing a wide range of activities to improve mental and physical wellbeing
- Worked with 12 families to address barriers to accessing opportunities, supporting sustained changes
- 59% of people on LGW reported improved mental health
- 20% of LGW participants moved into work and 27% into training

- 39% of LGW participants reported improved everyday living conditions
- 50% of LGW participants reported improved family and community connections
- 54% of LGW participants reported a reduced need for medical intervention

Aspirations

- 83 participants supported
- 175 Zoom calls with participants with mental health issues to overcome barriers and address anxiety during the Covid shutdowns
- 728 phone calls to keep in contact with participants who have mental health as their main barrier to accessing work, training, learning and volunteering

Get Socially Active

- 32 people supported in the Recycle workshop, building skills in bike maintenance, bike renovation and sales
- 66 refurbished bikes have been sold
- 78 donated bikes from the local community
- 60 bikes donated from Govia
- A range of YouTube video bike maintenance tutorials delivered

Working Together for You

- 37 participants supported

Live, Work, Thrive

- Supported 36 participants from the target group



My advisor has been brilliant, he has explained what the program is all about and how he will help me get back into employment, he has given me hope in finding a job when I was feeling really down.





SCDA Board members:

John Cornish
Helen Macaulay
Graham Amy
Maria Aguilar
Sean Williams
John Bell
Ioni Sullivan
Dan Osborn
Anneke Langford
Andrew Shields

SCDA Patrons:

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

Sussex Community Development Association Ltd

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
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
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 Conservation Trust
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