



**CLOCK
TOWER
SANCTUARY**

Supporting young people experiencing
homelessness in Brighton & Hove



Hike Against Homelessness Fundraising Pack



Thank you for choosing to support us!

We are so delighted that you have signed up for our inaugural Hike Against Homelessness taking place on Saturday 2nd July!

The money you raise will mean we can provide vital services for young people experiencing homelessness in Brighton & Hove. Whether you raise £150 or £1,500, you can be sure your money is making a real difference to the hundreds of 16-25 year olds that we work with every year. Young people like Dandi.

We are a small charity and don't receive any statutory funding, so we rely on our amazing donors and supporters to keep our day centre doors open. Fundraising events like this are really important.

In this pack is everything that you will need to have a great, safe hike and do some super fundraising to support young people who are homeless in Brighton & Hove.

You will find:

- A map of the hike incl. toilet and water stops.
- A link to our HaH campaign page on Just Giving. Please set up your own page linking to this. As a reminder, we are asking for a **£20 registration fee** & fundraising pledge of at least **£150** per participant to make this event a real success!
- A paper sponsorship form in case you prefer the old school method.

If you have any questions please email us - lorna@thects.org.uk or call on 01273 722 353. And please take some pictures on the day and let us know what you thought of it!

The Fundraising Team

The Clock Tower Sanctuary
41-43 Wenlock House
North Street
Brighton
BN1 1UF
info@thects.org.uk
01273 722 353



Space • Support • Stability

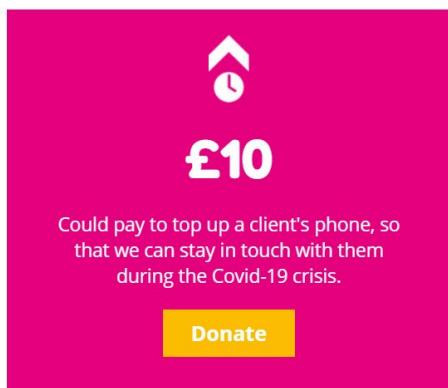
The difference your donation makes

Centrepoint estimates that there are 112,000 young people aged 16-24 years old, who are homeless or at risk of homelessness in the UK. And Brighton & Hove has the second highest levels of homelessness outside of London at 3,700 (Shelter-2021). The life expectancy of a male rough sleeper is just 47 years old and 43 years old for women ('Homelessness Kills', Crisis, 2011).

We work with young people who are at a very vulnerable point in their lives to prevent them from becoming part of this terrible statistic.

We can only do this with your support.

The money you raise will be used to support young homeless people and help to get their lives back on track. Your donation could pay for the following:



"The Clock Tower Sanctuary is a like a family, there's nowhere else like it. I've done fantastic activities and have really picked myself up emotionally. The food is also life-saving."

Ivan, aged 23



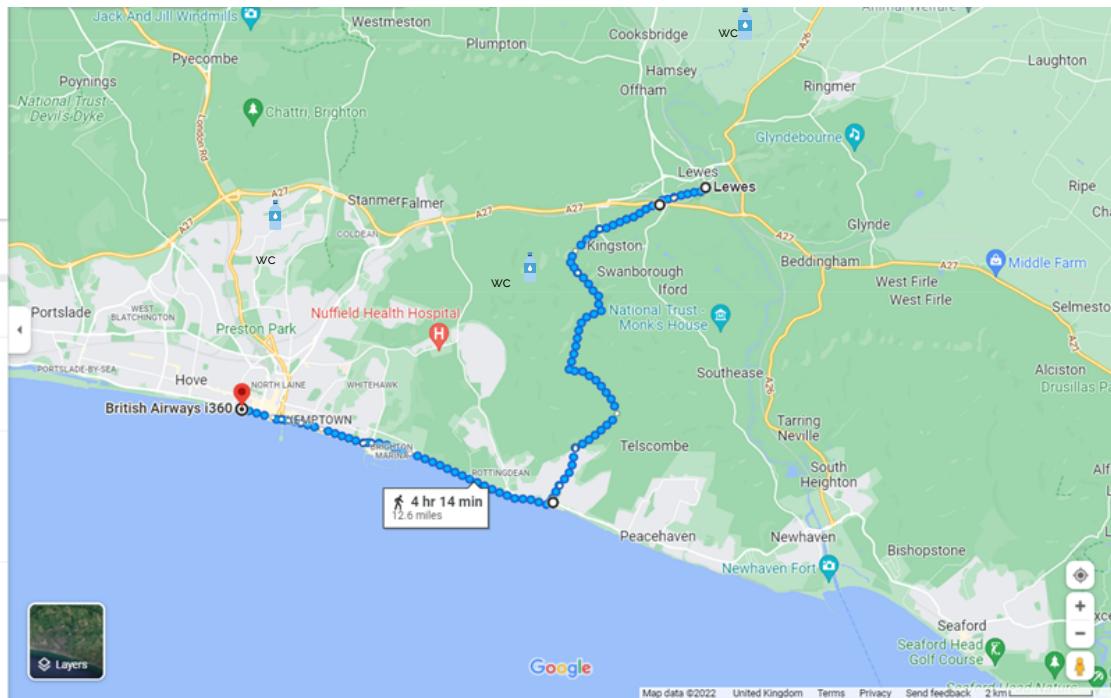
We are so looking forward to our the first year of our Hike Against Homelessness! The chance to get into the fresh air with like minded walkers to raise funds to support our amazing clients - what's not to like! It's brilliant to be back doing events after a big break due to 'you-know-what' and this 12.6 mile hike across the South Downs Way and along the beautiful undercliff pass back into Brighton will hopefully be a day to remember and offer something for everyone.

- Lewes, Station Rd, Lewes BN7 2UP
- Saltdean, Brighton
- British Airways i360, Lower Kings Road, E

via S Downs Way **4 hr 14 min**
[Details](#)

↑ 666 ft · ↓ 653 ft
 597 ft 13 ft





Contacts on the day: Lorna Beaumont: 07902555878

Katie Rabone: 07917887290

Hannah Coogan: 07415402025

Plan for day:

9.30: Arrive at Lewes Train station & have a group photo

10.00: Set off In two waves (30 in each team + 2 First Aiders/Group Leaders

12.30ish: Reach Saltdean Seafront - halfway mark! (met by support team)

12.30-13.00: Lunch

13.00-15.00: Saltdean – i360

15.00-16.00: Arrive back at i360 for refreshments. Pizza donated by Pizza Pilgrims www.pizzapilgrims.co.uk

16.00: Home for well earned rest & celebration!



Fundraising



Set yourself a fundraising target

Let everyone know how much you want to raise and how the donated money will help young homeless people in Brighton & Hove.

Set up your JustGiving page

It only takes a minute to set up a [JustGiving page](#) that's quick and easy to share with friends. Plus the money donated comes directly to us so you don't have to worry about collecting it.

Shout about your event!

Don't forget to tell your friends, family and colleagues that you're raising money for CTS.

Send round an email with your JustGiving page, update your status on Facebook, tweet about it, and leave a sponsorship form (at the back of this guide) in your staff room.



You'll receive a unique HaH T-shirt to wear on the day. Please let us know your size.

Collect your sponsorship

Don't be afraid of reminding people that they've sponsored you and try to collect the money as soon as possible after the event.

Ask your employer about matched giving

Find out whether your company has a matched giving scheme to match the total you raise.

Send us your donations!

For details of how to pay your donations straight to CTS see below.

HaH FAQs



How far is the walk?

The walk is 12.6 miles from start to finish.

Do I have to do all of the walk or can I do some of it?

You can choose to do the whole walk or the seafront part of the walk. Please indicate on your entry form which you will do.

Do I need to know how to use a map and compass?

You won't need a compass but it would be handy to bring along the map. Also mobile phone GPS works the whole way!

Can I bring my child/children along?

Yes, the more the merrier. Children are welcome on the walk but must be accompanied at all times by a responsible adult. We request that the lead person in the group is over 18. Depending on their age/ability they can do the whole walk or a section of the seafront. Buggies can only be used for the seafront leg of the hike.

I have a disability but would like to do the walk, can I still do it?

Yes absolutely! Depending on your ability you can do the whole walk or a section of the seafront. The walk across the downs is off road and hilly but the seafront stretch is flat and on concrete, ideal if you use a stroller or a wheelchair.

Will there be a medical team on the walk?

We will have trained first aiders with the group at all times.

Will there be water points?

We will have a water point at Rottingdean Cafe and at the end.

Are there toilets on the walk?

There are public toilets at Lewes Station carpark, Rottingdean Cafe and along the seafront. There are no toilets between Lewes and Rottingdean.

Will we have to walk in a group?

No you don't. If you are intending to do the whole walk we would ask that you start with us but you are welcome to walk at your own pace. We will have team walkers who will stay with the main group and the tail walkers.

If you are planning to do the seafront stretch you can meet up with the other walkers and join them or go on your own. There will be a support team at Saltdean.

What happens if I cannot do all of the walk?

If you need to stop for any reason we would ask that you call on the day mobile and let the team know so we don't send out a search party!

Can I bring my dog?

Yes you can but we request that dogs are kept on a lead at all times. Please be aware that it may be very hot during the walk and it will be your responsibility to bring water for your dog.

How do I get to and from the event?

It would probably be more convenient depending on where you are coming from to get the train bus to avoid having to go back to Lewes for pick up.

By train: There are regular trains to Lewes from Brighton, Eastbourne, Seaford, and London Victoria.

Please check [Southern Rail timetables](#)

By bus: Please check [local bus timetables](#)

By car: If you drive, you can park near Lewes Train station for the day for £6.60 on a Saturday

www.apcoa.co.uk/parking-in/lewes/lewes-station/ then you will need to get a train back to Lewes from Brighton at the end of the event.

For any other questions, please do not hesitate to contact lorna@thects.org.uk

Paying in your donations

Please pay all money raised to The Clock Tower Sanctuary within two weeks of your event. If you aren't using a Just Giving page, please use one of the methods below. The most cost effective way for us to receive your donations is online.

Paying in online

You can make a one-off donation via our website at thects.org.uk/donate or via our Just Giving page.



By BACS

You can pay by bank transfer - please do let us know if you are doing this, so we can keep an eye out for it and thank you! Our details are:

CAF Bank

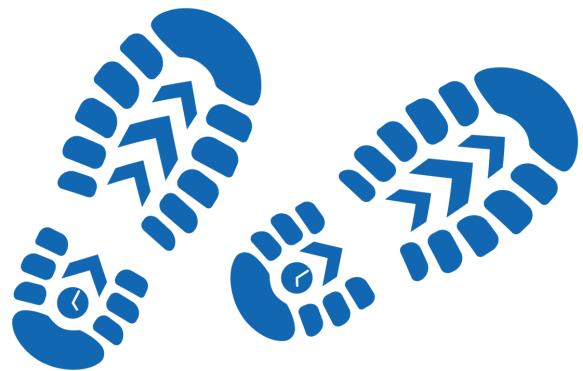
Account Name: The Clock Tower Sanctuary

Account Number: 00031565

Sort Code: 40-52-40

Paying in cheques

Send us a cheque made out to The Clock Tower Sanctuary, to our address: Wenlock House, 41-43 North Street, Brighton, BN1 1RH. Don't forget to include your name and email address so that we can say thank you!



Paying in cash

If you are dropping off cash, please email or call to make sure a member of the team will be at the centre to accept it. We will give you a donation slip and let you know how much you've raised by email.



A HUGE thank you for raising money for us!

Your donations will help to provide vital practical and emotional support for young homeless people in our local community.

Refund Policy

CTS work hard to ensure that donors contributing have an easy and straight forward experience. To comply with legal and best practice regulations set by the Charity Commission, Fundraising Regulator and the Institute of Fundraising all donations CTS receive (including registration fees for challenge participation) are treated as irrevocable gifts and, as such, are non-refundable. Although we want to do everything we can to look after our much-needed supporters, we are unable to make a refund in the majority of cases.

About The Clock Tower Sanctuary

The Clock Tower Sanctuary (CTS) is the only drop-in day centre in Brighton & Hove for young people aged 16-25 experiencing homelessness. We have been running for over 20 years, based in the heart of the community. We have a small team of ten staff. We are also lucky to be supported by a fabulous team of volunteers who help us to keep the day centre running; do talks in the community and help fundraise at events.

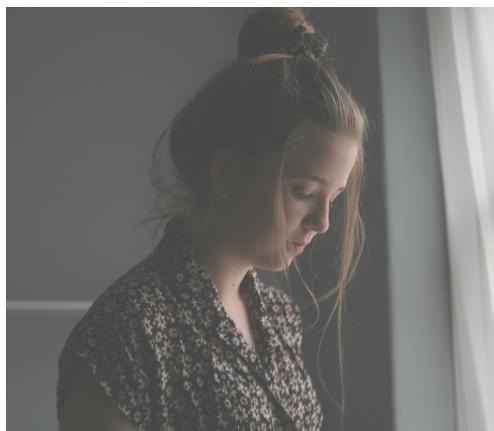
Our day centre is open 5-days a week. We work with young homeless people providing the practical and emotional support they need to move out of the chaos of homelessness and into more stable lives in the following ways:

Crisis support - when young people arrive at our day centre, they are often in a state of real distress. We meet their immediate needs by providing a freshly-cooked and healthy hot meal, clean clothes and a hot shower. They can use the laundry to wash their clothes and use the computers to get on the internet to contact friends or register with a GP or for their benefits.

Building trust, self-esteem and confidence - we run activities and workshops which help our clients to build their self-esteem and gain new life skills, including yoga, fitness, table tennis, men's group and women's group, CV writing, healthy eating, anger management and budgeting. A big part of what we do is also offering a listening ear and a friendly face to young people who may not have any family support they can rely on.

Towards stability - everyone who arrives at CTS has their own unique set of circumstances. We assign each client a Support Coordinator who works through a plan to identify and access the services they need, such as seeing a doctor or getting registered for benefits. We also help our clients to find housing and look for training or work. We can meet the travel costs of attending interviews or buying a smart pair of shoes, or clothing.

Partnership working - as a small charity, we collaborate with lots of other organisations and aim to make sure that any young person who is homeless or insecurely housed, knows about us and feels welcome to come to us for help. We work with agencies who can help with substance misuse, domestic violence and mental health, as these can be barriers which prevent our clients from finding a pathway out of their crisis.



Last year, we hosted 3,500 visits
from 108 young people
experiencing homelessness. 50
of our clients contacted us for
the first time.

The young people we work with at CTS

One of the main reasons young people become homeless is family and relationship breakdown. This could mean that they've been asked to leave or their home is not a safe place to stay anymore, because of:

- new family relationships which can cause tensions and arguments
- domestic violence at home, which puts young people at risk
- drug and alcohol misuse by those who are meant to care for young people
- problems with mental and emotional health
- being a care leaver
- a lack of living space, which means young people are asked to leave.

When a young person has to leave home because their situation has become unbearable, initially they often turn to other extended family and friends – sleeping on mates' sofas or floors for a while – becoming part of the 'hidden homeless'. But this can't last forever. Once hospitality has been exhausted, young people may end up sleeping rough, in tents, in cars or on public transport. They will often take dangerous risks to avoid sleeping on the streets. Most of our clients have experienced trauma in their early years and many have found it hard to get the support they need, due to cuts to services like mental health and youth provision.

42% of young homeless people have a diagnosed mental health issue
29% have experienced suicidal thoughts
21% have self harmed

Young people experiencing homelessness rarely have any funds, although some may be working and unable to afford the high rent costs in Brighton & Hove. They usually have little support, are separated from friends and family and often lack the skills, or confidence to stay safe and to deal with their situation. They are at risk of violence, are vulnerable to exploitation and at risk of their lives spiraling out of control. This is where CTS comes in. As the only drop in day centre in Brighton & Hove specifically aimed at 16-25 year olds, young people can find a safe space and the support and stability they need to turn their lives around.

Every one of our clients has a different story. They are all young people with hopes, dreams and ambitions, just like everyone else. Our clients are resilient, creative, courageous and they inspire us everyday.

"The Clock Tower Sanctuary is a lovely safe place you can go if you are homeless, it's like a community centre. The clubs and activities here are amazing. I use the kitchen a lot and eat all the food the volunteers cook. You can really thrive here."

Emily, aged 21

Kevin's story

"I first heard about The Clock Tower Sanctuary when I was sixteen. Before I came to CTS, I was living in a tent and lighting a fire to warm a tin of beans. Then I found out about this place and it was like, we're allowed to cook here? What! This is crazy! To have somewhere like this is incredible. There's so much freedom, like with the washing machine and you can just come in and cook what you want."

My mum was addicted to heroin for as long as I can remember. We finally got taken into foster care and my mum was sent to rehab. I was in the countryside, in the middle of nowhere, and they taught me how to read and write, got me into school. I was happy in care, I didn't want to leave. But my mum managed to get me and my brother back. Then she kicked me out again when I was eleven. I turned to friends at that point, they were a lot older than me and I stayed with them and their Mums. I was like their little brother.



Honestly, I probably wouldn't even be here if it weren't for The Clock Tower Sanctuary. They have helped me loads over the years, a lot of my growing up has been through this place. They've always been here, whenever I need someone to talk to, just to let out some steam. It's just so helpful, everything they do, everything they offer. Sometimes you just need that person to talk to."

Thanks to your support, we can help more people like Kevin.

HOUSING PLACEMENTS

20 young people moved into stable and suitable accommodation last year. Our team helped find housing, liaised with the Council and other accommodation providers. This is one of the most important steps towards stability, but it also remains one of the most difficult for our clients due to the high cost of rent in Brighton & Hove, a lower rate of Universal Credit for under 25's and a lack of social housing.



DAILY CLASSES

Our activities are an important part of our service as they help to build self-esteem and confidence amongst our clients. Last year, **56 young people** took part in these afternoon sessions. Yoga, massage, dance, music, women's and men's group and arts & crafts all helped with our clients' health and wellbeing, as well as giving them a break from the stress of being homeless.





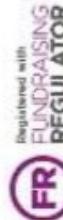
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**Supporting young homeless
people in Brighton & Hove**

Please sponsor me to do the on

The Clock Tower Sanctuary is the only drop-in day centre for 16-25-year olds who in Brighton & Hove are homeless and insecurely housed. I am raising money for their services which provide the practical and emotional support that young homeless people need to move from crisis to stability.

If I have ticked the 'Gift Aid' box confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want The Clock Tower Sanctuary to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the last year at least equal to the amount of tax that all charities I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.



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