



CLOCK
TOWER
SANCTUARY

Impact Report 2023



This cover was created
by young people at the
Clock Tower Sanctuary

Kurt's Story

I always thought my family life was pretty normal, but around the age of 10, things started to change. My dad got kicked out of home, and that made my family relationships very volatile.

At 15, my grandad died, and that shook my world. I started getting into harder drugs. The relationship with my mum just broke down completely. My mum and sister moved up north, and I had nowhere to go.

At 18, I realised I had a problem; my addiction... it stopped being fun. I got a job, but my life was just getting worse and worse. One day, I didn't make it to work. My boss rang me up, and I was in a state. I had a big box of prescription pills that weren't mine that I was just going to take and just end it. I just broke down over the phone, and my boss took me to my first 12-step fellowship meeting.

I started coming to the Clock Tower Sanctuary, and they were really supportive of me.

I eventually got six months clean, and I honestly don't think that would've happened without CTS. It was a safe place for me to come, where I could make friends, have a meal and wash my clothes, and I could kind of live a normal life.

In 2022, I relapsed, and I was too ashamed to come to the Clock Tower Sanctuary. But when I did come back, still using at the time, no one judged me. No one looked down on me. No one treated me differently. No matter how people are doing, they're always worth being treated with love. And that's all that CTS has ever done - they treated me with love, and countless other people.

I'm going to college soon to do a course in adult social care. One day, I'd love to give back to the community for the help and love that I've received.



**- Kurt, 23
(they/them)**

Executive Summary

It's with tremendous pride that we present our 2023 Impact Report, documenting the statistics and stories of 2022 at the Clock Tower Sanctuary.

2022 was a challenging year for many, but it was an especially difficult time for young people experiencing homelessness. Since the cost of living crisis began in 2021, thousands of young people have experienced homelessness through no choice nor fault of their own. When these young people arrive at the Clock Tower Sanctuary, we meet their immediate needs and offer longterm, one-to-one support helping them move from crisis to stability.

Within the report we will share the success stories and challenges from 2022. These represent the inspiring strength and potential within every young person who walks through our doors. Of the young people we worked with, 55% maintained their education and employment, 46% improved their ability to keep hold of their accommodation and 57% improved their mental and physical health. This is despite reduced access to affordable housing, education prospects and health support.

Their triumphs in the face of adversity are why we're immensely proud to work with young people experiencing homelessness, supporting them on their journeys from crisis to stability.

Vision

We want Brighton & Hove to be a city where young people's experience of homelessness is rare, brief and non-recurring.

Mission

Our mission is to provide a safe space and a voice for young people experiencing homelessness in Brighton & Hove. We will work with them to access support, transform their lives and reach their potential.

Values

We look for the best in everyone.
We challenge inequality and prejudice.
We collaborate.

Why We're Needed

“ If it weren't for the centre, I wouldn't have eaten and may even be in prison. When I came, I had no confidence or self-worth as I wasn't used to being appreciated. Coming to the Clock Tower Sanctuary encouraged me to be myself, recognise my strengths and got me on the path to achieving my goals. All of this was possible through honest conversations. ”

Simon, 25 (he/him)



While 2021 marked the start of the cost of living crisis, 2022 proved to be even more challenging. Increases in the cost of food, fuel, energy and rent reshaped lives as UK inflation reached its highest level since 1982.¹

In addition to financial hardship, the ongoing crisis increased tensions that led to family and relationship breakdowns, the most common reason we see for young people experiencing homelessness. With six-month waiting lists for supported accommodation and the increased demand for emergency accommodation, many young people in 2022 found themselves with no safe, secure and private place to call their own.

35%

2

of renters were spending at least half of their income on rent

31%

3

of renters have had their rent increased by £100 a month

70%

4

would struggle to find somewhere suitable to live in their area if evicted

24%

5

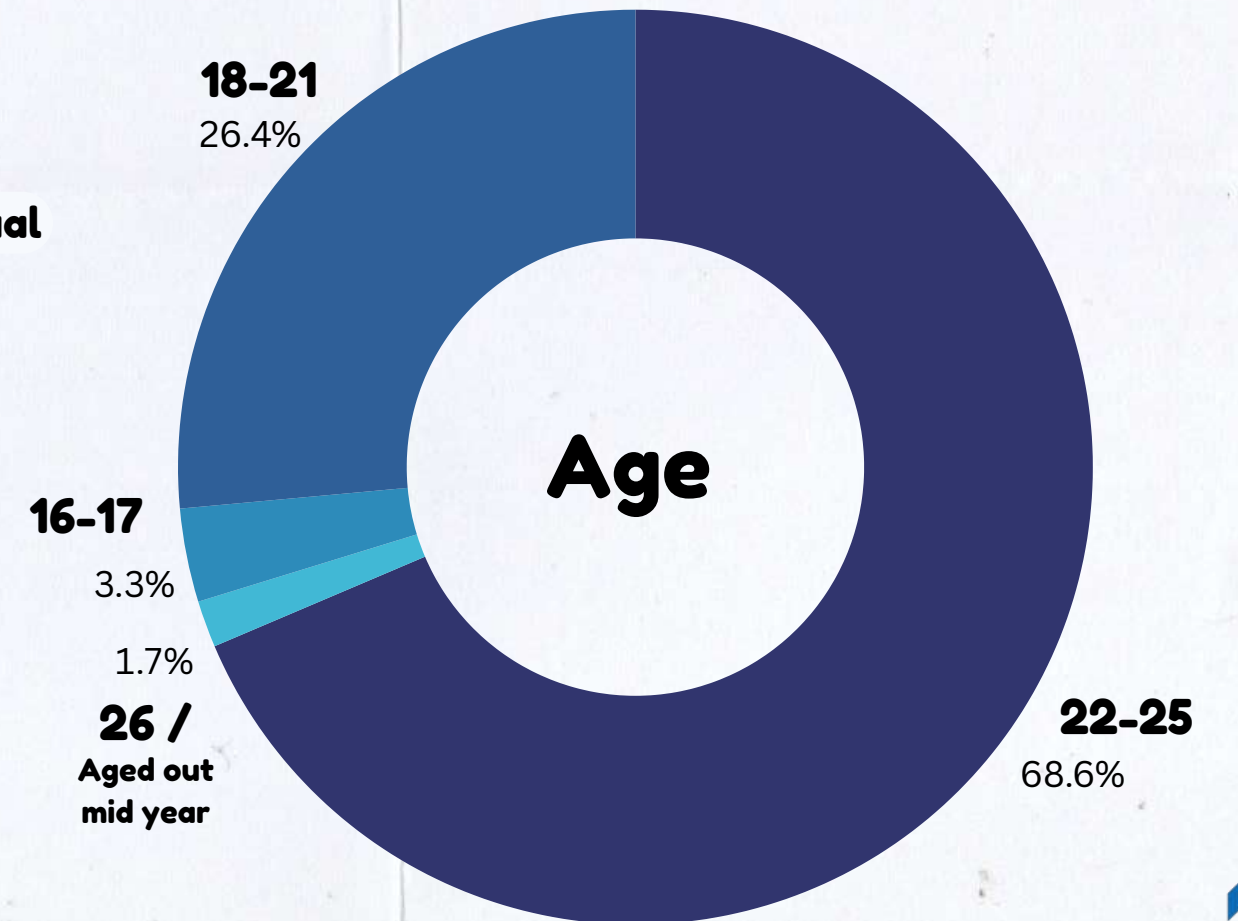
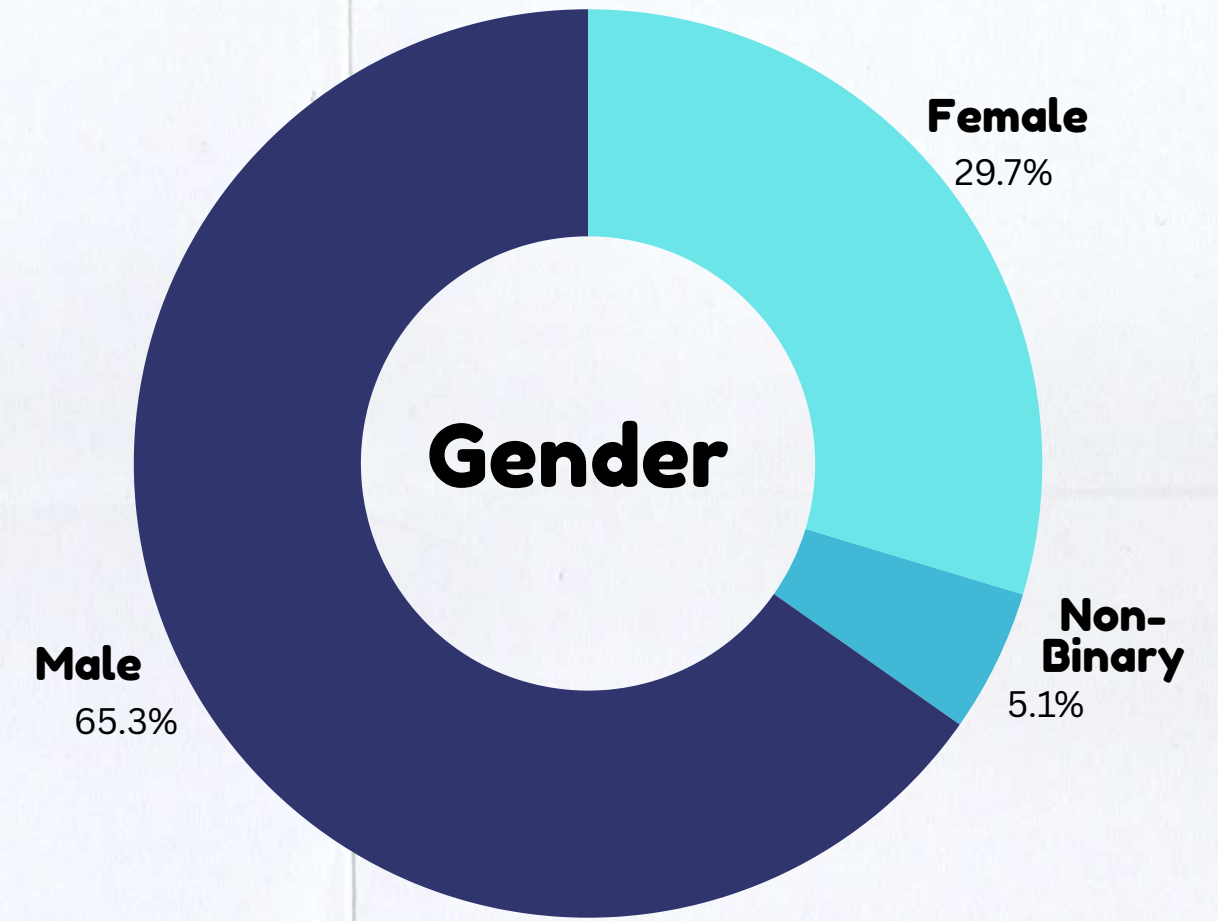
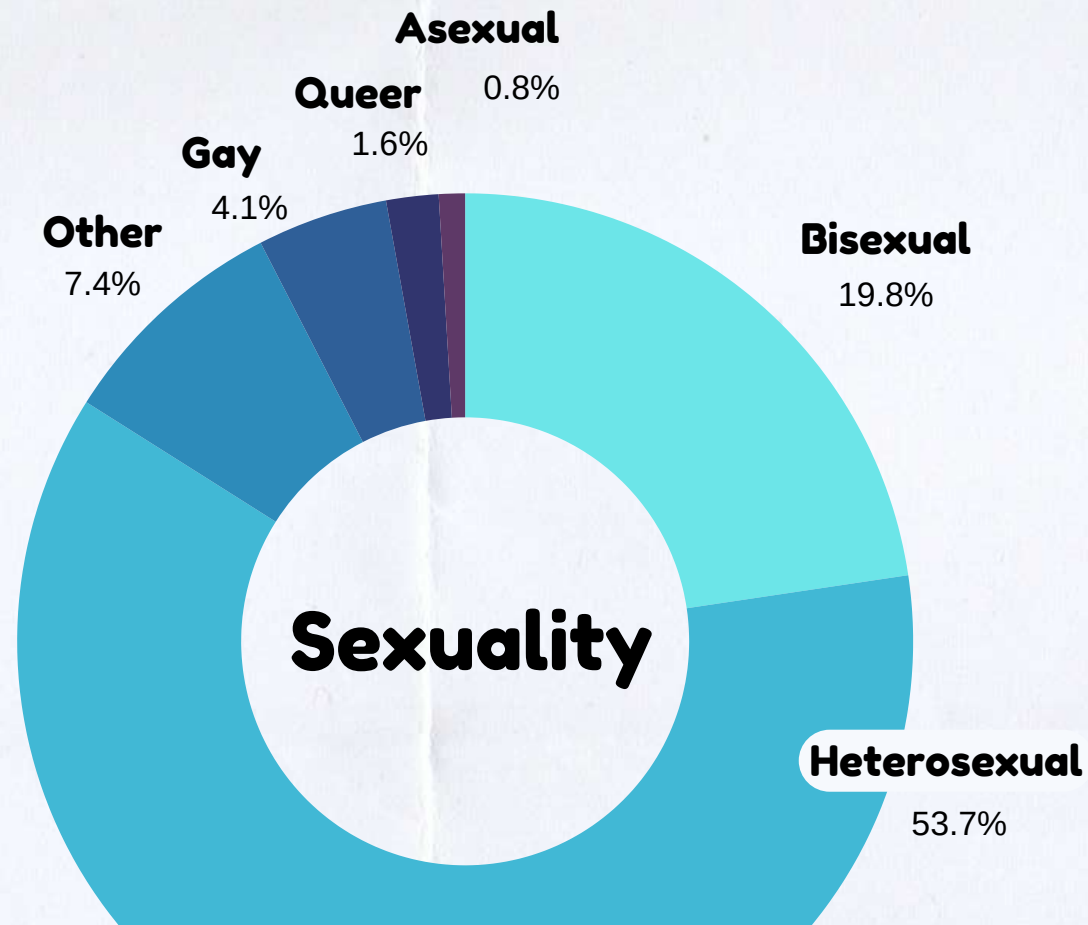
rise in people estimated to be sleeping rough on a single night since 2021

Our Young People

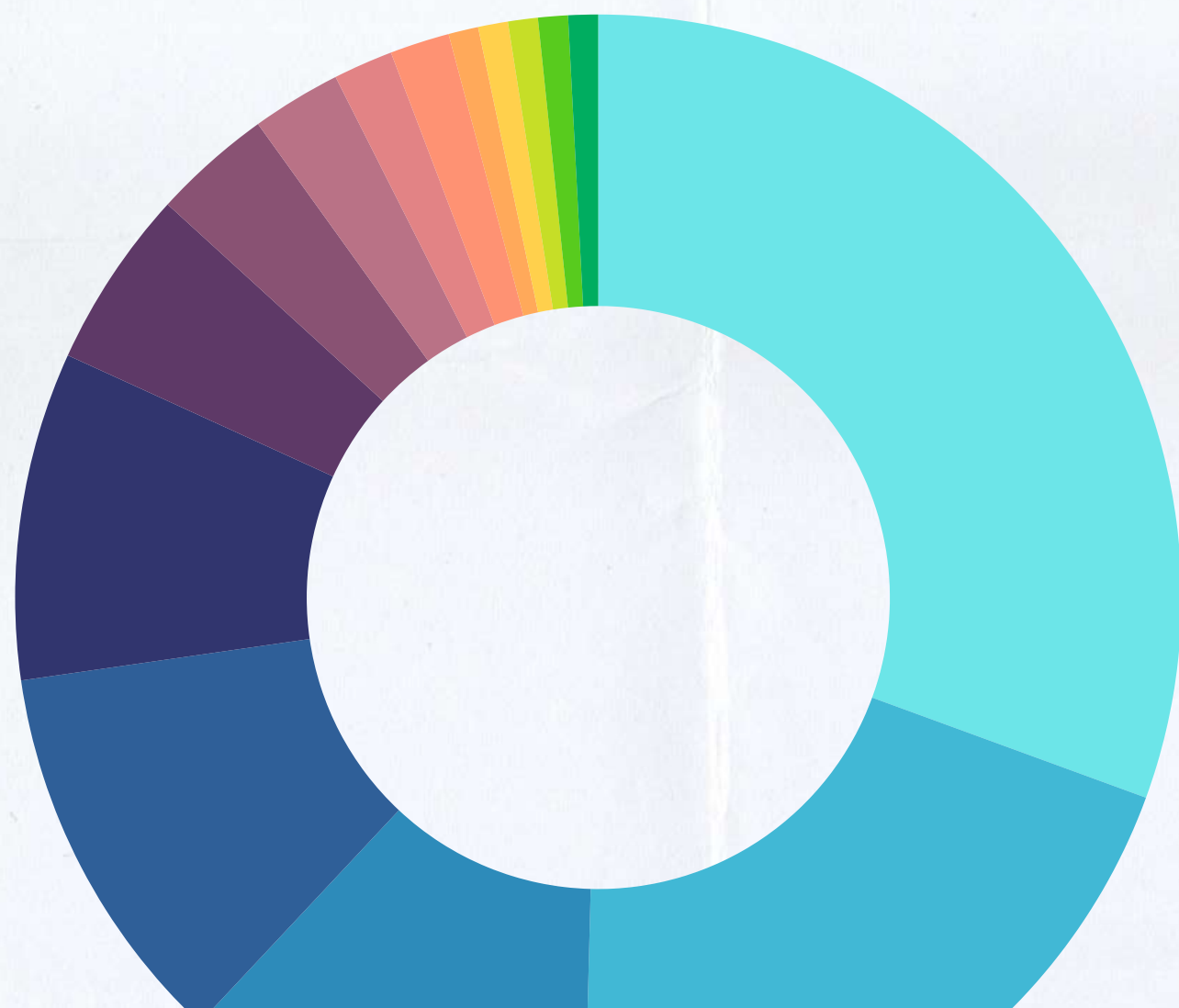
In 2022, we saw an increase in diversity among the young people accessing our centre, and we continue to offer groups like Evolve (our LGBTQ+ group) and strive for greater diversity within our team of staff and volunteers to reflect the backgrounds of the young people we proudly support.



- 58%** White: British
- 9%** White: Other
- 8%** Black / Black British: African
- 4%** Black / Black British: Caribbean
- 3%** Mixed: Other
- 2%** Arab
- 2%** Mixed: White & Black: Caribbean
- 2%** Black / Black British: Other
- 1%** Mixed: White & Asian
- 1%** Asian / Asian British: Pakistani
- 1%** Asian / Asian British: Other
- 1%** Mixed: White & Black Caribbean



Housing Situations



Experiencing homelessness means not having a safe, secure and private place to call your own. Only 9% of the young people we support are rough sleeping, so this is just the tip of the iceberg.

Many more are considered to be part of the 'hidden homeless' population - they might be sleeping on a floor or 'sofa surfing,' living in a temporary hostel, or somewhere else that isn't a proper and permanent home. If this is your life, you're always having to move. You have nowhere to call your own or to keep your belongings safe. It can be dangerous - you are more likely to be the victim of violence if you're experiencing homelessness.

“ When I was on the streets, I would often go into coffee shops, just to charge my phone and sit down, and I was kicked out so many times because I couldn't afford to buy anything - it was so dehumanising. I want people to know that we are still people, just struggling with our situation.

I had such dark thoughts. That's why the Clock Tower Sanctuary is so important, because it gives me peace of mind, even just for a few hours, and that is so precious. ”

Michael, 24 (he/him)

The Day Centre

The Clock Tower Sanctuary is a safe space where young people experiencing homelessness can relax and do day-to-day things that can be difficult without a place to call home. Such as cooking, showering and laundry. We provide support with practicalities like getting sorted with a doctor, benefits and finding a job. The day centre is somewhere these young people be themselves and maintain and make new friendships.

121

individuals visited
our centre

2,915

centre visits

4,834

hot meals
prepared

312

activities held



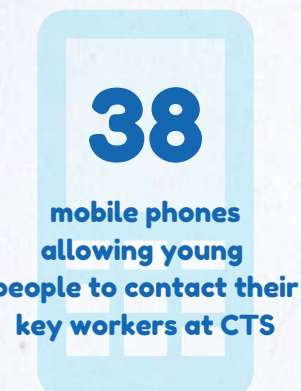
The Day Centre

“ It’s so helpful. Especially in the winter. If you’re on the street you can come here and have food, do laundry, have a shower and then just chill out. You can talk to the staff about housing. Really, I think they’ll just help you with whatever you need. ”

Fiona, 22 (she/her)

“ The Clock Tower Sanctuary staff are just ordinary people, like I’d meet in everyday life, not shirt and tie types. I can talk to them. In the last few months, Clock Tower have done loads for me in lots of ways. They’ve helped with my bus fare so I can still come in. I have support sessions with them and I am trying to behave more responsibly. The Clock Tower Sanctuary have helped me to apply for some supported housing. They filled in the forms with me and my keyworker even came to the panel interview with me too. I am hoping that if I can get into some stable housing I will maybe have the chance to start a new chapter in my life next year. ”

Steven, 23 (he/him)

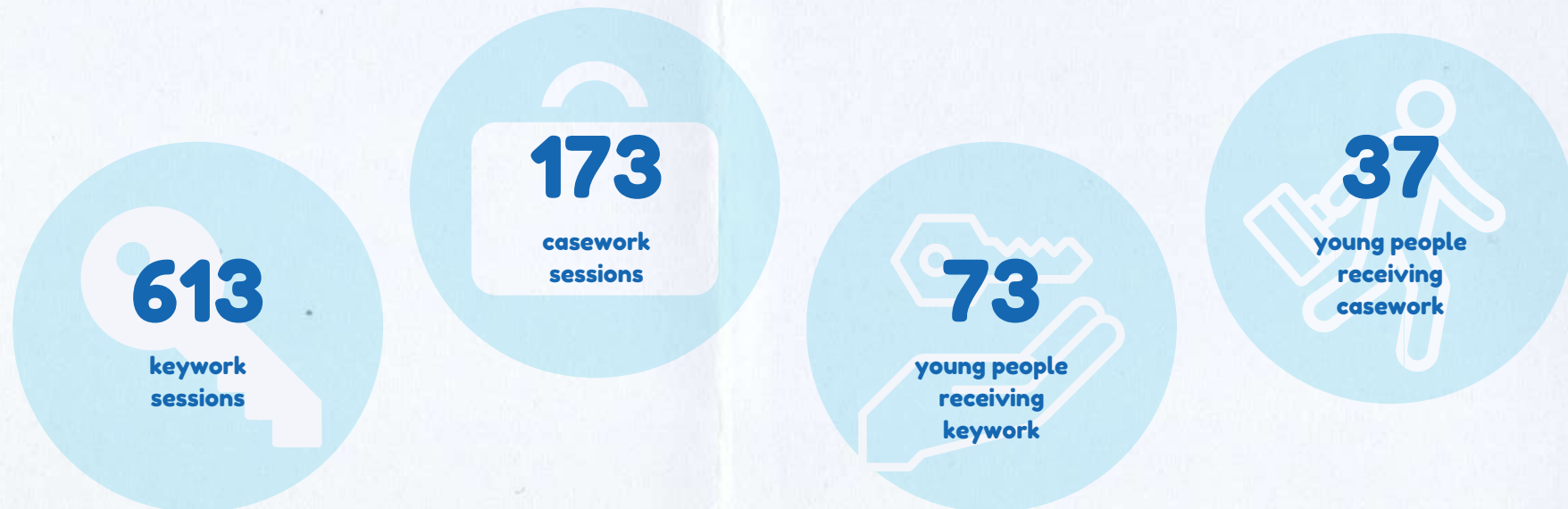


One-To-One Support

Keywork and casework are the foundations of the relationships between our small but mighty staff and the young people we're proud to support. Keywork involves support with applications, signposting, budgeting and life skills, while casework involves long-term and regular one-to-one support.

We use a trauma-informed approach when offering support for young people, catering their support and surroundings to their unique, often complex, needs. We're a small charity working closely with the young people we support, which means we're able to build strong, meaningful relationships, helping them towards their goals and to reach their full potential.

One to one support provides the practical, emotional and personalised support that empowers young people experiencing homelessness to move from crisis to stability.



“ There’s a key worker who will work with you one on one, and helps you to put steps in place and helps you to achieve things. They help you with budgeting and managing your money, and they can tell you about programmes and courses you can do and help you organise that. It’s not just a shelter, it’s more like a community centre, and you can really thrive here. And they don’t just help you out and then close the doors, it’s like a continuous service, you can keep coming back even once you’ve been housed. Everyone asks you how you’ve been and what you’ve been up to, and gets excited to see you. We’re like a real community.”

Sarah, 21 (she/her)

Keyword: Housing

33%

of the young people we worked with improved their skills in securing accommodation.

46%

of the young people we worked with improved their ability to keep hold of their accommodation.

14%

of the young people we worked with reached their accommodation goals.

“ It was really scary. I slept under bridges, in parks... But I didn't really sleep. I couldn't. There's lots of us rough sleeping in Brighton, so all the good spots are already taken. ”

Sarah, 21 (she/her)

“ Before I started coming here, I was on my last chance with my accommodation and struggling to keep hold of it. Clock Tower helped me sort out some stressful situations and to understand what the council and other organisations were saying. I don't think I could have done that on my own given how my mental health was at the time. ”

Amelia, 22 (she/her)

Keyword: Health

57%

of the young people we worked with have improved their physical and mental health.

59%

of the young people we worked with have maintained their physical and mental health.

20%

of the young people we worked closely with reached their health goals.

“ Maybe the biggest thing they've helped me with is that I'm now sober. I'm seven months into recovery and I owe so much of that to the support I've had here. If I didn't have the support and security of the Clock Tower and my caseworker, or the structure that the activities and groups give me, or the friends that I've made here, my mental health would spiral and I can see it being hard not to fall back into old unhealthy habits. ”

Esther, 24 (she/her)

“ It's really nice to have someone to chat to, even if it's just to get something off your chest. I've never experienced that before in my life. I also like the fact they have policies against people being abusive or aggressive. It's a safe space. ”

Harry, 22 (he/him)

Keyword: Education & Employment

254

new life skills recorded

“ It’s because of the Clock Tower Sanctuary that I could enrol in my course. I was able to build up my CV and use the phone. I feel like I have stability and control to reach my goals for the first time ”

Joe, 22 (he/him)

37%

of the young people we worked with have improved their education and employment opportunities.

“ I used everything the Clock Tower Sanctuary offered - the phone and internet to apply for jobs, a secure place to store my own chef knives, somewhere to shower and eat when I had little money. It’s a great place. It doesn’t just tell you what to do, it shows you how to do it and makes you feel you can achieve it.”

Joseph, 23 (he/him)

55%

of the young people we worked with have maintained their status in education and employment.

Volunteering

We simply wouldn't be able to provide the same quality of support without our extraordinary team of volunteers. In addition to cooking healthy hot meals and running a wide variety of groups and activities, our volunteers provide practical and emotional support for our young people, helping to create a safe environment where everyone feels heard, respected and welcome. Our volunteers truly transform our centre into a sanctuary, going above and beyond for our young people each and every day.



“ I feel very privileged to work so closely with our team of wonderful volunteers. The centre would be unable to function without them. They provide vital support to the young people, cook a tasty meal daily, run groups and activities and help develop life skills. They are a range of ages and backgrounds which brings diversity to the team here at CTS. Thank you to all of them. ”

Claud - Centre Manager (she/her)

Our Supporters



Hike Against Homelessness, 7th July 2023



Big City Sleepout, 6th March 2023

Our day centre receives no government or council funding, and our running costs are met by donations from the generous businesses, schools, community groups and people of Brighton & Hove, as well as local and national Trusts & Foundations.

Thank you so much for supporting the Clock Tower Sanctuary, so that we can continue supporting young people experiencing homelessness in our community.

In 2022 it cost £689,310 to run the centre for the year. The cost of living crisis began to put extra pressure on the costs of running the day centre and on the day to day lives of our young clients. Our individual supporters alone donated £211,769 to make sure the young people had a safe space to go to.

403

regular individual supporters

18

Trusts and Foundations

76

corporate supporters

Our Supporters

Event Participants



“ I took part to help raise vital funds for a vital service. I've been volunteering for nearly five years now, so I know what a special place it is and how much it helps young people who wouldn't be able to otherwise get this sort of support elsewhere.

Matt (he/him) ”

Corporate Supporters



“ The Clock Tower Sanctuary's cause is one we hold close to our heart. Being a partner brings the PLATF9RM team an added sense of purpose to our work, and CTS consistently shows us that our frequent collaboration is making a positive impact.

Tori (she/her) ”

Trusts & Foundations



“ The Trust have been long supporters of the amazing work CTS continues to deliver to the City's young people. They are one of our few long term causes, chosen because of their continuous improvements and their expansion of services particularly through the recent pandemic and now the Cost of Living crisis.

Richard (he/him) ”

Individual Givers



“ My music is a gift given to me by my mentor, Big John, who took me as a son. I've had a lot of help in my life, and I try to pay it back in the way I can. Also, my wife has always believed that looking after others comes back to you.

Frank (he/him) ”

Looking Forward

A message from our CEO



2022 was the year that the world emerged from the pandemic into a cost of living crisis. Young people experiencing homelessness were and are disproportionately impacted by these back to back crises. As a result of the isolation caused by multiple lockdowns and poverty, their mental health has deteriorated significantly. The interruption to vital health and other services has continued, with systemic barriers and increasing thresholds to access services hindering young people's recovery.

At CTS we have seen

- an increase in rough sleeping and in the number of people insecurely housed,
- reduced provision in essential support services across all sectors,
- an increase in individual complexity.

Overall, we saw an 11% increase in the number of young people asking for our help with accommodation, health and employment. Our team continues to work to reverse these trends, increase capacity and find ways of providing the support needed by young people experiencing homelessness. The cost of living crisis brings its own challenges for CTS as we feel the pressure of increased demand and increased costs.

Our three-year strategy was launched in 2022, with a commitment to ensure that young people's voices are heard both within CTS and externally. After a year of planning and fundraising for this work, I'm delighted that we now have a co-production group led by young people and including staff, volunteers and trustees who have developed a purpose and values led framework for working together. Expect to hear more about this in next year's Impact report!

Writing this towards the end of 2023, we can report that we have seen a further steep increase in demand in the second half of this year, with an increase in rough sleeping and more young people needing us for the provision of basic needs such as food and clothing. We remain flexible and trauma informed, working with young people to ensure that they get the help they need to create the best future they can.

In my last few months at CTS, I reflect on how far the organisation has come in the last six years: the help and support we provide is effective, loving and consistent. I am proud of every single young person, volunteer, member of staff, partner agency and supporter who has been on the journey with me and I know that I can rely on each and every one of you to continue this amazing work.

- Frances Duncan (she/her)

References

1 - "Housing affordability in England and Wales: 2022"

<https://www.ons.gov.uk/peoplepopulationandcommunity/housing/bulletins/housingaffordabilityinenglandandwales/2022>

2, 3, 4 - "Shelter Impact Report 2022/23"

https://assets.ctfassets.net/6sxvmndn0s/7IG24TCEwgAh1p0DNW6uJq/a8c9ab0a5efbdc5deb77a4f90f54d47f/Shelter_Impact_Report_2022-23.pdf

5 - "Rough sleeping snapshot in England: autumn 2022"

<https://www.gov.uk/government/statistics/rough-sleeping-snapshot-in-england-autumn-2022/rough-sleeping-snapshot-in-england-autumn-2022>



National 3 Peaks Challenge, 19th - 21st May 2023



Big City Sleepout, 6th March 2023

Thank You!

The challenges for young people experiencing homelessness are made all the more difficult by the ongoing cost of living crisis. As our report shows, this has made it challenging for them to improve their outcomes in employment, housing and education year on year. The generosity of supporters means we can continue to improve the way we support young people in vulnerable situations. If you're interested in making a donation to support our day centre, scan below or [click here](#).

This report was made possible by the collaborative efforts of young people, staff members, volunteers and supporters.

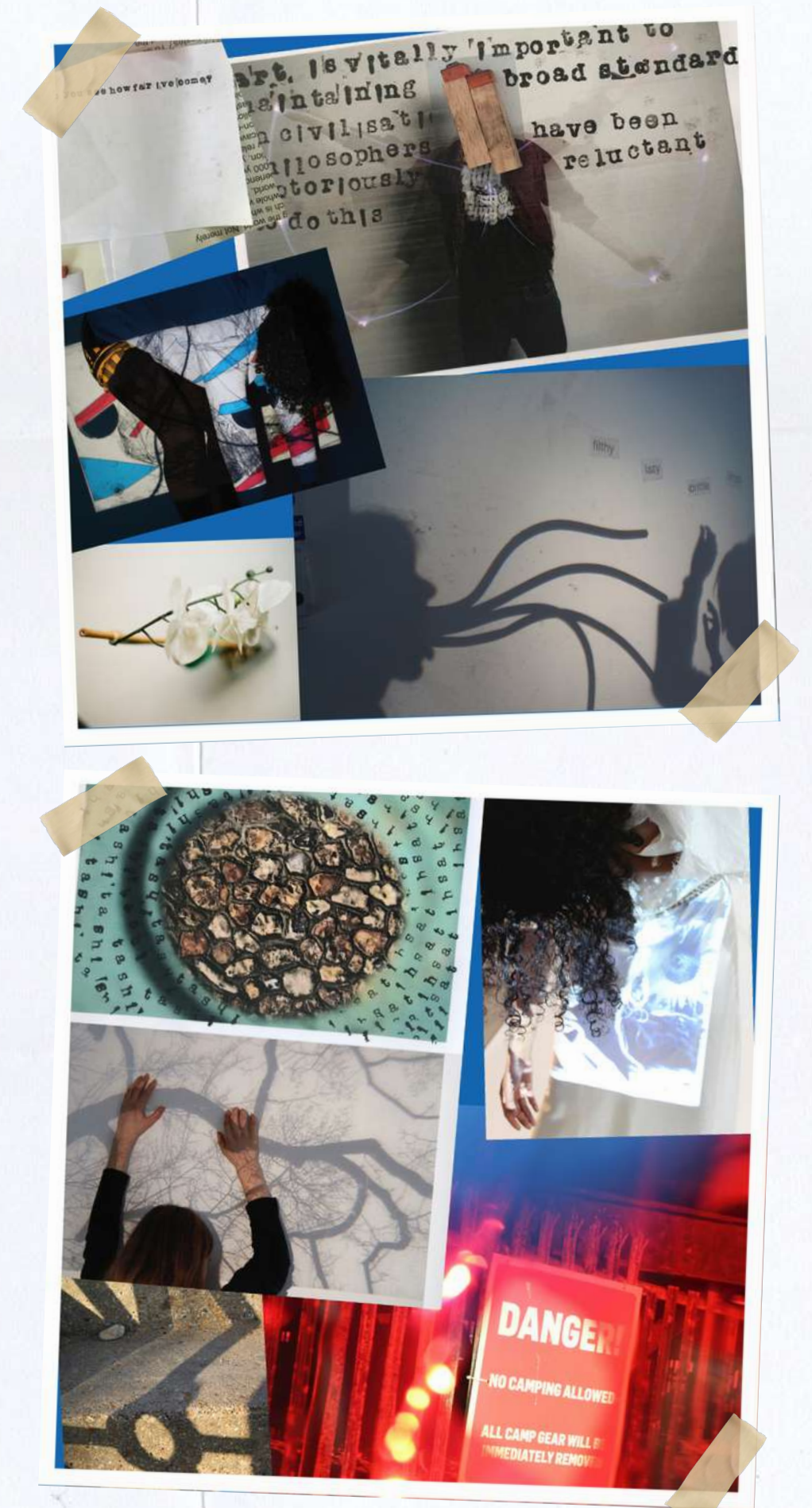
We would also like to say THANK YOU to our partners across the city in the public, private and voluntary sectors. We're proud to be making an even greater difference thanks to these close partnerships.

Our day centre simply could not exist without our volunteers. If you're interested in joining our team of volunteers and making a big difference in the lives of young people experiencing homelessness, scan below or [click here](#).

Donate
to us



Volunteer
with us



Art by young people from CTS, made in Articulate photography workshops.