

2026 IMPACT REPORT



Supporting 148 young people to move beyond homelessness

Responding to rising and increasingly complex youth homelessness



A Message from Our CEO

“Welcome to our Impact Report 2026. You'll see in the following pages that 2025 was a year of both growing demand and extraordinary impact for us. This report tells the story of what was achieved, thanks to the determination of the young people we support and the commitment of our staff, volunteers, funders, donors and partners.

As youth homelessness became increasingly complex and the local systems harder to navigate, more young people came to us needing even more support with housing, mental health, financial hardship and isolation. As ever, our staff and volunteers have taken the time to listen, build trust and understand what matters to them; their expertise, commitment and care is what has created an environment where young people feel safe and supported.

Despite the challenges, young people saw significant improvements in wellbeing and housing outcomes. Most importantly, they also built confidence, found stability and took positive steps towards the futures they want for themselves.

This report focuses primarily on our impact during the 12 months from January to December 2025. However, during this year we also made a one-off change to our financial year, resulting in a 15-month financial reporting period ending on 31 March 2026. To keep the story of our impact clear and meaningful, most of the service and outcome data in this report relates to the 2025 calendar year, while a separate section later in the report highlights our work between January and March 2026. All financial information relates to the full 15-month reporting period.

I want to say an enormous thank you to everyone who has made this work possible. We could not do what we do without our incredible team and the support we get from the community. Most of all, I want to thank the young people who continue to inspire us every day and strengthen our commitment to creating a city where every young person has somewhere to call home.”



Fabia Bates
(She/Her)
Chief Executive
Officer

Executive Summary

In 2025, we supported **148 young people experiencing homelessness**, delivering over **1,100 support conversations** and creating a safe, trusted space for **nearly 3,000 visits**.

85% reported improved mental wellbeing, and we saw a 187% increase in young people moving into suitable housing.

But demand is rising faster than we can respond.

Young people are reaching crisis younger, with more complex needs, and are becoming trapped in temporary accommodation that is not designed to support independence or recovery.

Without increased investment, more young people will remain stuck in unsafe and unsuitable housing.

Over the next three years, we aim to increase access to tailored support, strengthen pathways into housing, and expand our role in influencing system change — **ensuring more young people move beyond homelessness for good.**



“Being in a space that understands how difficult it is what you’re going through, and that there are other young people who are all going through or have gone through the same experience, that’s really powerful in itself.

“You just feel valued, like you matter, even though after this, you know you’ll have to go back outside and sit in a corner while people just walk past you.

“With CTS, my life has definitely changed for the better, like 100%. I might have not escaped the situation and the crisis I was in, and I’m glad that I did, that I didn’t slip through the cracks, because of CTS, and because of the support that empowered me to build myself up and get through it.” - Rose, 24 (she/they)

Vision



A city where all young people have somewhere to call home

Mission



To provide young people who are homeless in Brighton & Hove with a supportive space to shape their own future

Values



We care
We collaborate
We challenge injustice

Progress and Impact to Date

Goal 1



Young people have the individual support they need to thrive.

Young people are building stability, confidence, and improved wellbeing.

85%

of young people reported improved mental wellbeing

“Coming here has given me so much more to live for. I now see potential in my life. – Esther, 24 (she/her)”

Goal 2



Our services will be well known, trusted, and easy to access.

Young people know where to go and feel safe accessing support.

88%

of young people said they felt safe at CTS

“It's a base of safety. If you're lost in life, the support really helps. - Brandon, 24 (he/him)”

Goal 3



Young people are at the heart of decisions and drive meaningful change.

Young people are influencing decisions and building confidence.

68%

of young people felt their voice is heard

“We're not just a number. We're going through this, and it's important we're seen as people, not statistics.” – Robert, 22 (he/him)”

An Intersectional Crisis: Youth Homelessness in 2025

Young people are reaching crisis earlier, and with increasingly complex needs, than ever before.

93 NEW | 55 Existing young people with 2,964 visits

More young people than ever before are reaching us for support, with a **41% increase in new young people since 2023** and nearly 3,000 visits in 2025. New young people accounted **for over a third (35%) of all visits**, highlighting the level of support needed at the point of entry, with many requiring multiple visits to feel safe and begin moving forward.

300%

16-17 year olds

↑ Since 2024

140%

Complex PTSD

↑ Since 2024

19%

LGBTQ+

↑ Since 2024

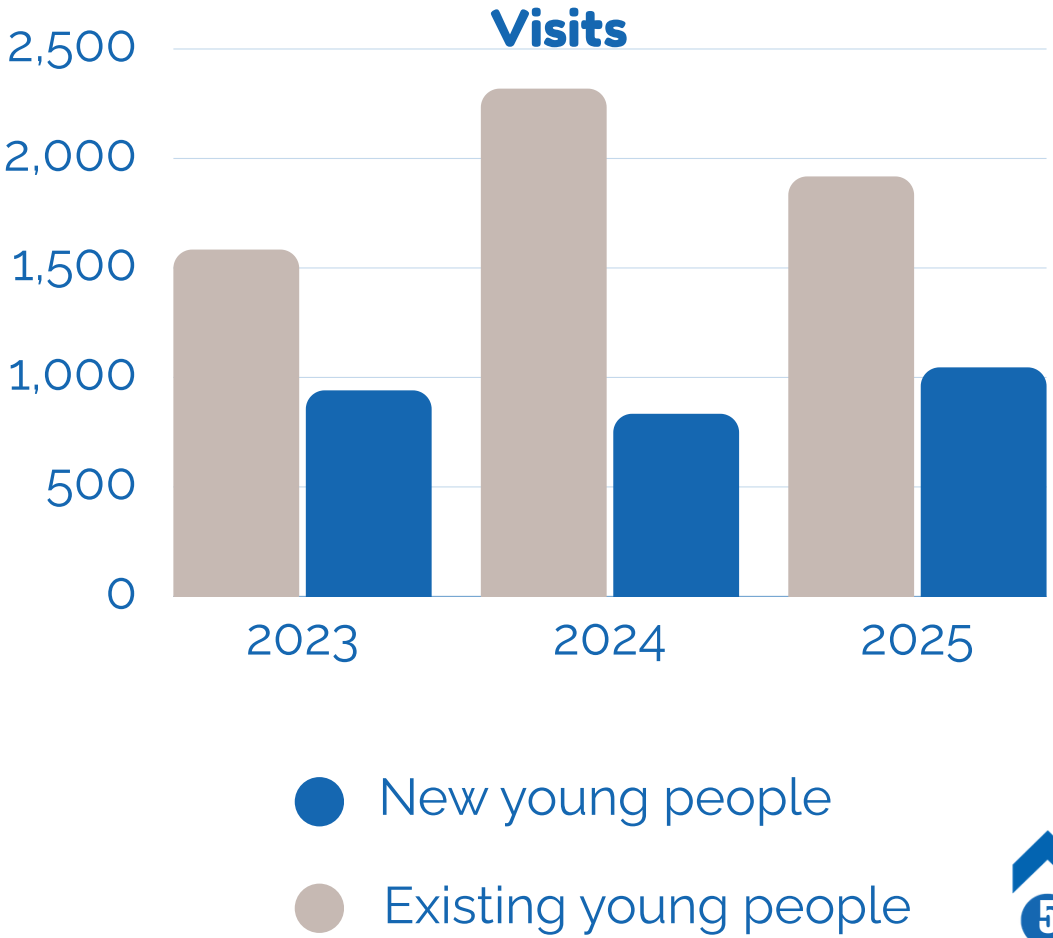
14%

Rough sleeping

↑ Since 2024

What's Changing?

- More 16–17 year olds are in unstable or unsuitable housing
- More complex needs, including mental health challenges and substance use
- More young people identifying as LGBTQ+, often facing additional barriers

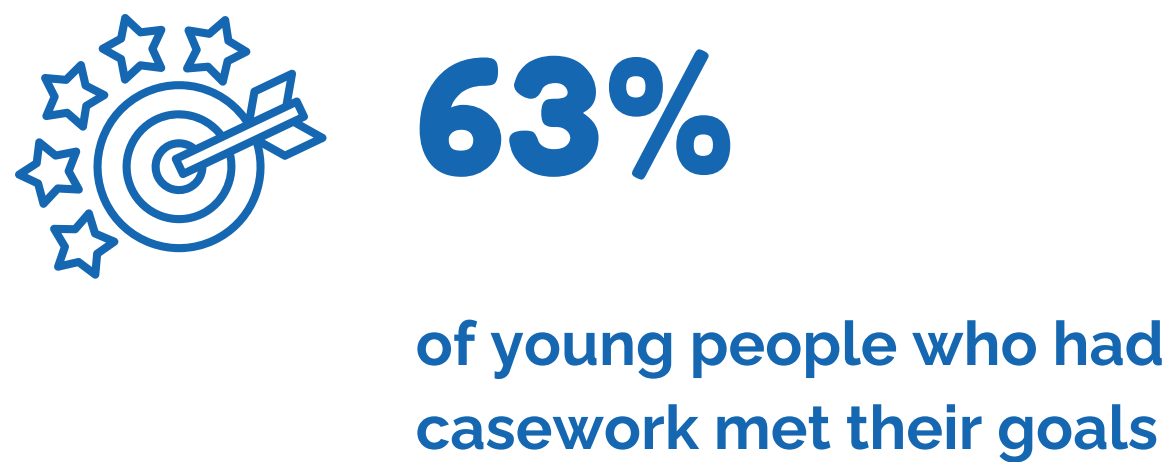


Supporting Young People to Move from Crisis to Stability

Goal 1 -Young people have the individual support they need to thrive



“CTS 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, and I enjoy all the food the volunteers cook for us. You can really thrive here.”
- Sarah, 21 (she/her)



What Thriving Looks Like to the Young People We Support

Cutting down on
drinking and
improving my
physical **health**

Eating regularly
and not worrying
about money

Achieving my goals and
learning to manage my
mental health—finding
peace and purpose

Being happy,
housed, and
stable

Feeling **safe** enough
to enjoy life, follow my
interests, and be
around people
I care about

Feeling financially
secure—not just
getting by

Young people define 'thriving' in different ways, but their voices highlight common themes of safety, stability, wellbeing, and purpose.

One-to-One Support



Thank you for not giving up on me.

There was a point where I nearly gave up on myself—but things have really changed.

I've now achieved a Level 3 Personal Trainer diploma and made positive steps forward.

Thank you for being there for me — you were like my guardian angel.

Archie, 23 (he/him)



What young people value about casework

- A **safe, supportive space**
- Support that **builds confidence**
- **Time** to move at their own pace
- **Approachable staff**

Casework

84%

set goals



84%

made progress towards goals



63%

achieved goals



Casework

37 young people
279 meetings

General support

143 young people
1,121 conversations

Crisis support

45 young people
221 interventions

Advocacies

83 young people
835 advocacies

Referrals

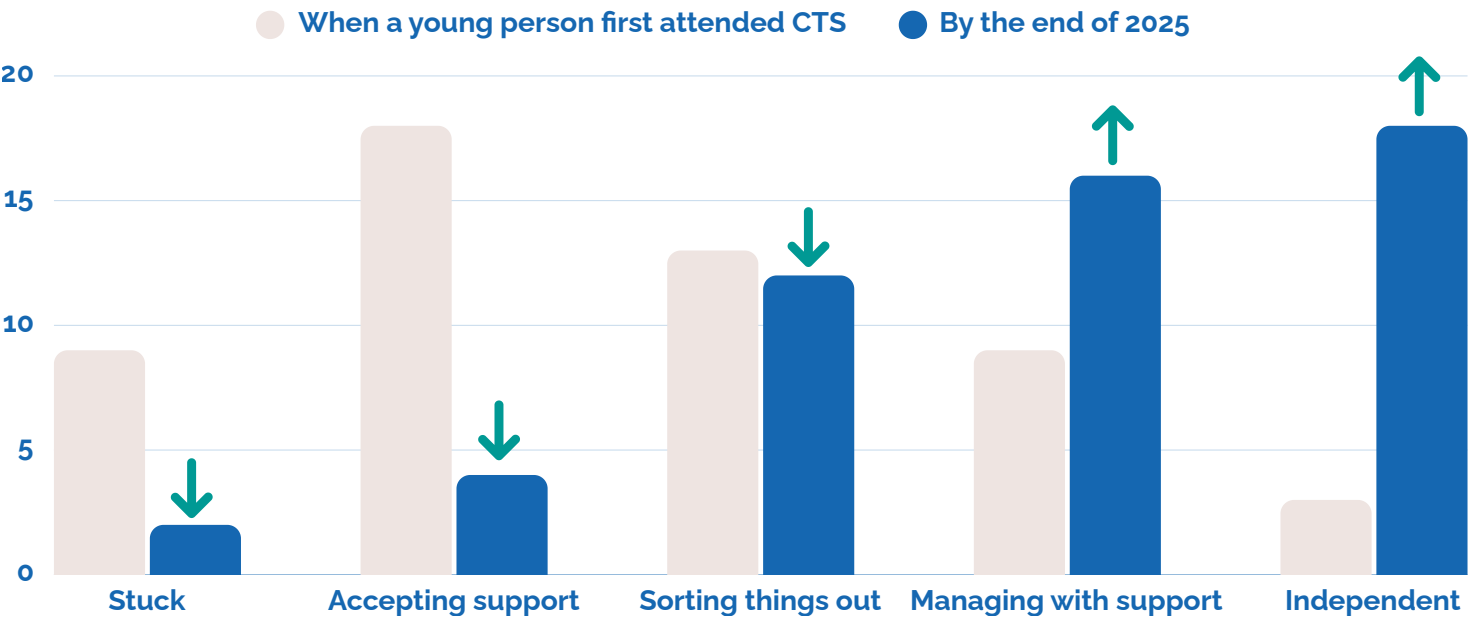
33 young people
51 referrals

Supporting Young People to Secure and Sustain Housing

187% increase in young people moving into suitable housing overall
165% increase from 2024

“With the help of my caseworker, I've gone from emergency accommodation into supported accommodation and am now waiting to move into independent housing. I finally feel like I'm not fighting on my own. - Esther, 24 (she/her)”

How Young People’s Confidence in Managing Housing Changed



We use the Young Person Star, a nationally recognised framework, to measure each young person's progress over time.



Supporting Young People into Housing

34
housing referrals
↑ 183% Since 2024

253
housing advocacy actions
↑ 33% Since 2024

25
young people completed their housing goals

Activities

Many of our groups are co-facilitated by trained staff and volunteers, helping us offer a consistent range of weekly activities and build trusted relationships



Craft Group

Young people are improving wellbeing and expressing creativity

- Creative space to explore self-expression
- Builds confidence through hands-on activities
- Provides a calm, focused environment

85% improved mental wellbeing

Yoga

Young people are improving wellbeing and reducing stress

- Calm, welcoming space to slow down and reconnect
- Focuses on gentle movement, breath, and relaxation
- Builds confidence, wellbeing, and connection

35% improved physical health

Cooking Group

Young people are building practical skills and confidence

- Learn practical cooking skills and try new recipes
- Builds confidence through hands-on experience
- Creates a fun, social space to connect

35% learned new skills



LGBTQ+ Group

Young people are building connection and a sense of belonging

- A consistent, inclusive space for LGBTQ+ young people
- Creative and social activities that build confidence and connection
- Supports young people to feel safe, accepted, and part of a community

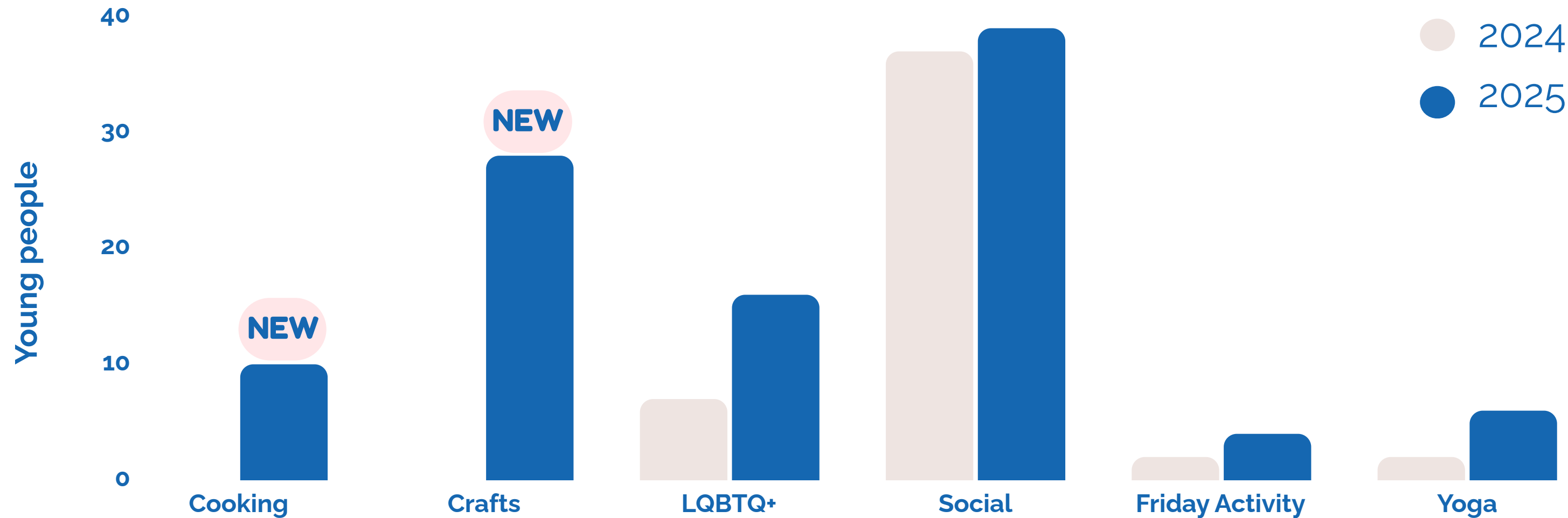
54% stronger social skills



Activities

More Young People Engaged Through New Activities in 2025

New activities increased participation.



13
activities

52
young people

167
sessions

Social



Group
Sessions

Life Skills



Cooking

Wellbeing



Yoga
Meditation

Creative



Art & Crafts
Pottery

Every Young Person Who Needs Us Can Access Our Service

Goal 2 – Our services are well known, trusted, and easy to access

Making our service easier to access

- We asked young people for feedback to shape and improve our service. Read the full report [here](#).
- **9.5%** found CTS through online search, an increase of 600% (from 2 to 14) from 2024, demonstrating growing visibility and accessibility.

[Click here](#) to watch what it's like to access CTS.



Our service is FREE.
No referral needed.



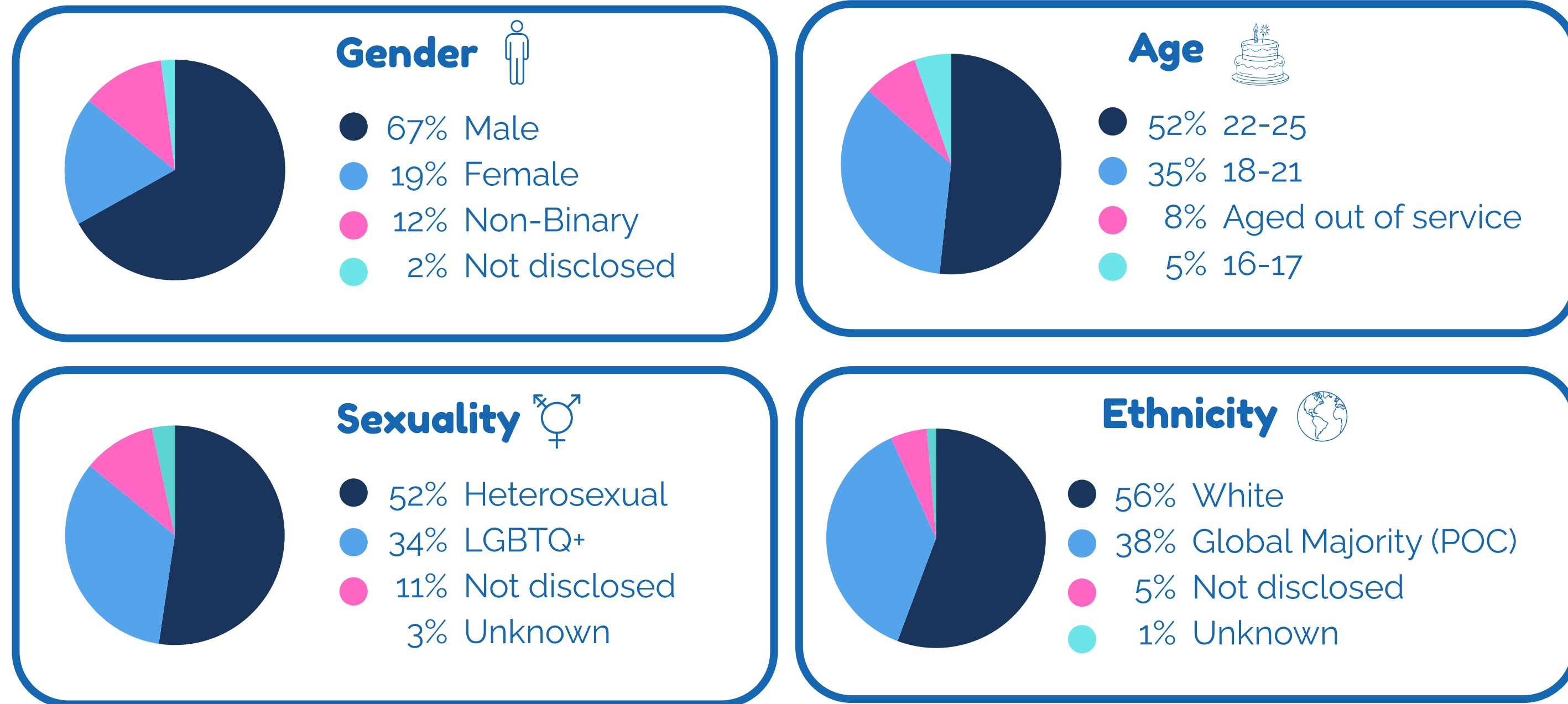
96%

of young people said they
trust the staff at CTS

85%

of young people said they felt
welcome at CTS

Young people accessing CTS reflect a diverse and increasingly complex range of identities and overlapping support needs



One in three young people identified as LGBTQ+, significantly above the general population, reflecting the increased risk of homelessness faced by LGBTQ+ young people.

36

young people

24

sessions

63%

of young
people said
they had a
say in what
CTS does

Through Youth Voice, young people share their experiences, shape services, and influence decisions that affect their lives.

How young people influence CTS and wider systems

Co-Production

Using lived experience and feedback to shape services and improve delivery.

Advocacy & Influencing

Sharing experiences and engaging with decision-makers to drive change beyond CTS.

Participation & Leadership

Contributing to recruitment, service development and quality standards.

Connection & Wellbeing

Taking part in creative and inclusive activities that build confidence, wellbeing and participation.



Taking Youth Voice Beyond CTS

How young people were involved

- Met with MPs, councillors, and decision-makers
- Attended a national rally at Parliament
- Participated in NHS focus groups
- Shared lived experience with funders and supporters
- Contributed to the Brighton & Hove Housing Strategy



London, 13th May 2025 - Parliament Rally

Getting yourself heard by the government is so difficult. It's important that the voices of young people experiencing homelessness are heard.

Hazel, 25 (they/she/he)

Key issues raised by young people

- Emergency accommodation
- Barriers to moving from temporary accommodation
- Universal Credit and PIP
- Neurodiversity and homelessness
- Safety and harassment concerns

53%

of young people felt services were more aware of their experiences

Temporary Accommodation: The Reality

These images highlight the reality of the conditions young people face in temporary accommodation.

What's not working

- Young people often become stuck in temporary accommodation
- Environments are not youth-specific, safe, or accessible
- Restrictions (e.g. curfews, no visitors) increase isolation
- These settings limit independence
- Young people can be penalised by the benefits system when they try to work
- Earning above a threshold can result in losing housing support

Why this matters

- Young people are stuck in a cycle and unable to move forward



A young person's temporary accommodation in Brighton & Hove



**Temporary accommodation is a holding point
— not a pathway out of homelessness**

The condition of temporary accommodation can significantly affect young people's safety, health, and wellbeing

Turning young people's feedback into meaningful service change

Attendance on our Tenancy Independent Living Skills course declined by 75% over three years.

We spoke with young people to understand their changing needs and shared their feedback with our funder. Young people told us they needed more support with housing, managing money, completing forms, and accessing benefits. Together, we agreed to redesign the programme, replacing classroom-based delivery with a more targeted support offer. From 2026, a part-time Advisory Support Worker will provide housing, benefits, and service navigation support, helping young people improve their financial stability, successfully claim entitlements such as PIP and Universal Credit, access specialist services, and secure suitable housing.

What young people told us they most need support with

- 58%** need help to find suitable accommodation
- 58%** need help managing their money
- 46%** need help with applying for Universal Credit and PIP
- 46%** need help completing forms

These trends mean young people are presenting with more complex and interconnected challenges, requiring longer-term support, increased staff time, and closer partnership working.

How we're responding

- Introducing an Advisory Support Worker (From March 2026)
- Prioritising tailored housing support
- Offering benefits support around systems and document requirements
- Helping young people navigate services and completing forms

Volunteers make our service possible!

“Everyone is clearly passionate about helping and makes the space feel really welcoming.”

Hazel, 25 (they/she/he)



58
volunteers



8,938
hours volunteered



12
training courses delivered



12
trustees

58 incredible volunteers gave their time to support 148 young people in 2025.

They cooked and served 5,185 meals meeting the basic needs of our young people.

They contributed 8,938 hours last year, providing capacity equivalent to almost 5 full-time roles and enabling us to support more young people than would otherwise be possible.

Young people consistently tell us that volunteers help create a welcoming, non-judgemental environment where they feel safe and able to connect.



Recruitment

ensuring volunteers are well-matched and confident from day one.

- Interview ensures a good fit
- Young people involved in the process



Training & Development

helping volunteers build skills for life and future employment.

- Mandatory induction (boundaries, safety, homelessness)
- Ongoing training (first aid, food hygiene, safeguarding, inclusion)



Ongoing Support

ensuring volunteers feel supported, confident and able to deliver consistently.

- Day-to-day support during sessions
- Reflective practice and volunteer meetings

97% of volunteers feel valued at CTS
Volunteer Survey 2025



Investing in Volunteers Award

Nationally recognised for excellence in volunteer management and support.

Reaccredited for a second time!



Feeling Valued

Volunteers consistently described CTS as a supportive and welcoming organisation, highlighting the care, respect, and appreciation shown by staff.

“ There is a strong message about **valuing volunteers** from all staff ”



Confidence & Growth

Volunteers told us that volunteering helped them build confidence, develop skills, and gain experience for future employment and personal development.

“ I get so much out of volunteering – it has helped me to **grow in confidence** ”



Belonging

Many volunteers described a strong sense of belonging at CTS, valuing the friendships, support, and shared purpose found through volunteering.

“ I feel more **connected to the community** ”



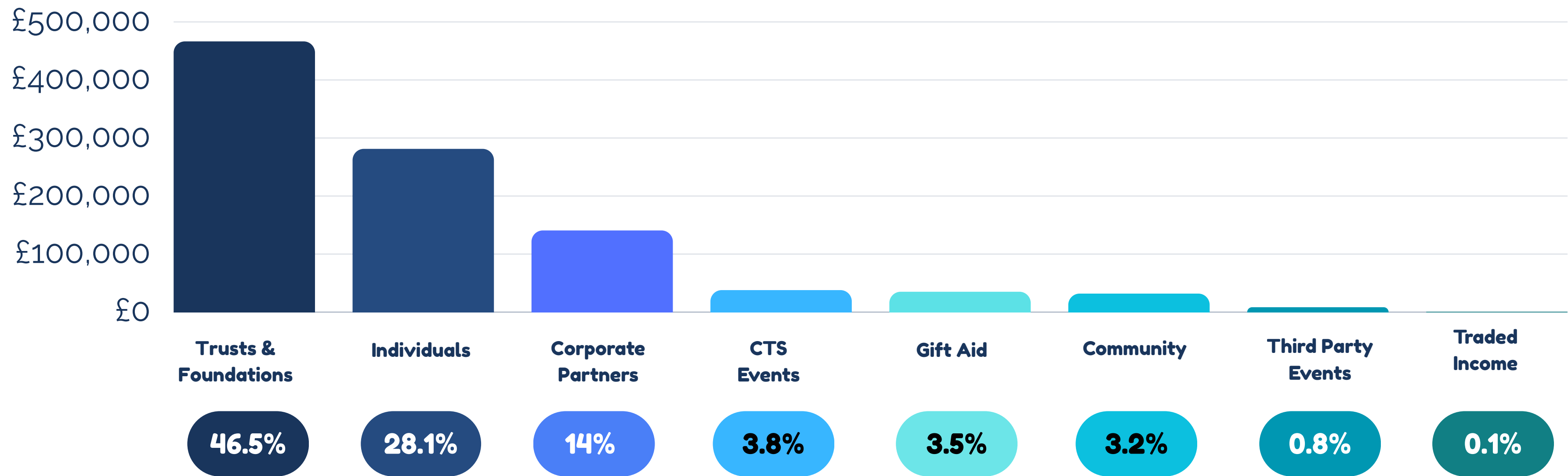
Retention

78% have volunteered with CTS for more than a year
22% have volunteered for over five years

Income Summary (15 Months)

Total = £1,002,127.37

In 2025, we raised over £1 million thanks to the incredible support of our community and partners. Nearly half of our income came from Trusts and Foundations, alongside significant contributions from individuals, corporate partners, and local fundraising. This diverse funding base enables us to provide consistent, life-changing support to young people facing homelessness in Brighton & Hove.



Demand is rising faster than resources.

Without continued support, more young people will remain stuck in unsafe and temporary accommodation.

Trust and Foundation Partners



Thank you to our 17 Trust and Foundation partners.

Together, your support helped 148 young people access safety, support and hope. Your investment accounted for **46.5%** of our income, underpinning every aspect of our work and helping us provide consistent, life-changing support.

♥ Because of YOU:

148	young people were supported
1,121	support conversations reduced loneliness and isolation
5,185	meals helped meet young people's basic needs
85%	reported improved mental wellbeing
187%	increase in young people moving into suitable housing



Together, our Trust and Foundation partners helped young people move beyond homelessness and towards brighter futures. Thank you.

Thanks to your support, young people benefitted from:

- A safe, welcoming space
- Emergency support when they needed it most
- One-to-one casework and housing support
- Activities that improved wellbeing and connection
- Opportunities to influence and shape services
- Food and other essentials
- A dedicated volunteer team

Thank you

Individuals & Community

Community support plays a vital role in helping CTS provide a safe, welcoming environment for young people.

31% of our income came from individuals and communities.

463 supporters invested in young people through regular giving and major gifts.

£313k raised from individuals and communities helping us meet young people's basic needs, provide one-to-one support, and deliver activities that improve mental, physical, and emotional wellbeing.

24 gifts-in-kind donations including food, clothing, and toiletries helped us meet the immediate needs of young people.



349
regular
givers

81
high-value
givers

33
community
events

Whether through regular giving, taking part in fundraising events, or making a one-off donation, every contribution helped ensure young people had access to a space where they feel safe, connected, and valued.

sugarhill
BRIGHTON



Aleks Przedpelska
Founder

What first inspired you to support the Clock Tower Sanctuary?

"We have always felt a strong desire to give back to the community where we live and work. Addressing homelessness and supporting young people in our city are causes very close to our hearts."

What has it been like partnering with the Clock Tower Sanctuary over the past seven years?

"We have truly enjoyed partnering with the Clock Tower Sanctuary over the past seven years. It is incredibly rewarding to know that we are helping young people in Brighton, and we always value receiving your regular updates on the positive impact of the charity's work."

What outcomes for young people matter most to you?

"To us, the most important outcomes are providing stability and hope. It is heartbreaking to think of anyone living on the streets, especially young people who still have so much learning and growth ahead of them. The Clock Tower Sanctuary does an exceptional job of offering a safe space while helping them develop and work towards meaningful goals for their future."

CTS Events

Our fundraising events brought people together to raise funds for young people experiencing homelessness.

Hike Against Homelessness



£4,310

raised

Big City Sleepout



£26,330

raised



£2,858

raised



£6,831

raised

Skydive

Snowdonia

January – March 2026

The trends we saw during 2025 continued into the first three months of 2026. When compared to the same period the previous year we saw an increase in visits and the number of crisis sessions we offered. We saw new clients coming to us in more housing insecurity, increasing immigration-related vulnerability, growing neurodivergence and accessibility needs, and a significant rise in need for advocacy and referrals. Despite this, outcomes remained positive. Whilst with us clients moved into more suitable accommodation, and both set and achieved more goals for themselves.

Young people also continued to shape change. Participation in our activities programme grew significantly following the introduction of new opportunities shaped by their feedback. They began planning their campaign around Temporary and Supported Accommodation, including providing input to the local Temporary Accommodation Charter. Their feedback to the local Housing and Homelessness Strategy consultation was key to the inclusion of a specific chapter on Children, Families and Young People, and their involvement in the national Make Work Pay campaign led to a change in the law, removing the financial cliff edge penalising young people in supported accommodation who start work.

17%

increase
in day centre
visits

253%

increase
in crisis
support
sessions

37%

increase
in new clients
rough sleeping

25%

increase
in new clients
in temporary
accommodation

178%

increase
in those living
in suitable
accommodation
after accessing
us

129%

increase
in young people
setting goals

33%

increase
in goals
completed

A Message from the Chair of the Board of Trustees

“The wonderful achievements described in this report belong to a community: young people, staff, volunteers, funders, partners, trustees and supporters across Brighton & Hove, working together so that homelessness does not define a young person’s future.

The first year of our new strategy brought encouraging results. Young people reported better mental wellbeing; more moved into suitable housing; and many gained confidence and stability. Their voices reshaped CTS’s support, influenced the city’s Housing and Homelessness Strategy and contributed to a national campaign that changed the law for young people in supported accommodation.

Yet nearly 3,000 visits reveal the scale of the challenge. Young people are reaching crisis earlier and with increasingly complex needs, while too many remain in temporary accommodation offering little safety or route to independence. CTS cannot address this alone. Progress requires stronger collaboration across housing, health, local government, voluntary organisations, business and the wider community. The year saw CTS achieve deeper and broader partnerships across the city because we believe collaboration is essential.

I want to say an enormous thank you to everyone who has made this work possible. We could not do what we do without our incredible team and the support we get from the community. Most of all, I want to thank the young people who continue to inspire us every day and strengthen our commitment to creating a city where every young person has somewhere to call home.”



Alex Rees(He/Him)
Chair, Board of Trustees

Supporting Our Work and How You Can Help

There are lots of ways you can support young people facing homelessness and help us continue our vital work.



Donate

Make a one-off, regular, or annual donation [here](#), or scan our QR code. —→



Explore

Read our 2025 - 2028 Strategy [here](#), created in collaboration with young people.



Volunteer

Get in touch to become a volunteer [here](#).



Fundraise

Take part in our events and fundraise [here](#).



Partner

Become a corporate partner of ours [here](#).



Pledge

Leave a gift in your Will [here](#).

