

"I can start to trust again and see how
people can care for one another ...
I feel like a human being again."



Contents

INTRODUCTION FROM THE CHAIR OF TRUSTEES

In our 30th year we are seeing increased need, as rising food and fuel costs put more people at risk of losing their homes.

WHY DOES THE FUTURE OF OUR COMMUNITY HUBS MATTER?

They are the first critical step for people facing homelessness. Our hubs offer accessible and tailored practical and emotional support.

MEET SOPHIA

Finding herself homeless after escaping an abusive relationship, Sophia has been supported by Turning Tides and is now looking to the future as she begins her training course for employment.

HOW DO WE TACKLE RURAL HOMELESSNESS?

A surge in rural homelessness requires an innovative and flexible solution to overcome the challenge of bringing services to remote areas. We need your help to ensure we can continue to run this critical service.

MEET STEVE

Living in a tent for over a year, Steve met with our outreach specialist every day and took the first step towards recovery. He is now well on his way to getting his life back on track.

A ROOF ISN'T ENOUGH TO LAY TO REST THE TRAUMA OF THE PAST

We never give up on anyone. Change is possible and it takes courage to rebuild a life - we are here every step of the way.

STILL HERE AND STILL MAKING A DIFFERENCE

From a small group of compassionate locals handing out essentials in Worthing, to the leading provider of support for homeless adults across West Sussex. But in 30 years we haven't - ever before - seen such a rapid rise in calls for help.



A message from Ian Mintram
Chair of Trustees

Dear Supporter,

It is with great pride, and not a little discomfort, that I write to you in Turning Tides' 30th anniversary year.

I'm proud the lives of thousands of people, ordinary men and women like you and me, have been turned around through contact with our incredible staff and volunteers.

Countless lives have been saved by our care and dedication, providing long-term solutions, not a simple quick fix. Our determination to prove that every person matters - that we can help even those who've been turned away from every other possible source of support - shines through every day.

So why the discomfort? Because our community hubs, the first contact for many, are needed more than ever. Thirty years after a small group from local churches began taking soup and sandwiches to homeless people, we face a seemingly unstoppable tide of people requiring support. Poverty caused by rapidly rising prices, no-fault evictions and unaffordable rent increases is clearly visible on our doorstep.

The hubs' life-changing work can be read about over the next few pages. But I must share with you that they are at risk, facing reduced funding at a time when they are needed more than ever. Without fundraised income, we fear for the future: other local services won't be able to cope with the increased demand.

Can you help? A £50 donation allows us to offer a half day of support in our community hubs, putting people onto the first step of their pathway out of homelessness.

Please know that the generosity, care and friendship of supporters like you is as appreciated as much now as it was 30 years ago.

I SEND MY HEARTFELT THANKS.

Ian Mintram



Community Hubs

CHANGE BEGINS WITH THAT FIRST STEP...

When someone becomes homeless in West Sussex, their first port of call may well be one of our community hubs. They are vital places, delivering crucial emergency support for anyone trying to survive sleeping rough. And survival is key. Homeless people die on average thirty years younger than the general population, as sleeping rough quickly devastates physical and mental health.

So our hubs save lives. That first step through the door could be the first on a pathway out of homelessness - for good. Offering hot food, clothes, washing machines and showers, our community hubs help a person feel human again. Staff and volunteers also provide counselling, housing and employment advice, medical care, dentistry, help with finances, addiction and - always - a caring smile and non-judgemental ear.

"At the hub, they really care. Even if I'm not in a good place I know I can come here and they know how to support me. I can access everything from the community hub. They're everything rolled into one."

These life-saving services are at risk, battling decreased funding alongside increasing need as living costs rise. Our hubs are directly supported by fundraised income - people like you - who generously give what they can afford.

"My keyworker bends over backwards for me - there aren't many that would do as much. I've been to other day centres but this is completely different. They really fought for me to get my own place. I never thought I would have somewhere to live."



"Sleeping rough ... I have been to hell and back ... if the community hub had not been open there would have been a lot of deaths."



Sophia's Story



I found myself homeless after escaping an abusive relationship. Over time this relationship had left me feeling hopeless and alone. Things got so bad - one day they locked me in the house and went missing. I couldn't get out and didn't know what to do. In desperation, I took an overdose, but luckily the fire brigade found me in time after the mental health team put a shout out.

"Victim Support advised me to leave the town where I'd been living. I wanted to go back to where I was brought up, but they were afraid for my safety – that it was too close to my ex-partner."

They gave me a ticket to the south coast, to be with my mum and stepdad. But they only had a one-bedroom flat. I had to sleep on a two-seater sofa. It wasn't helping my mental health and dealing with all the feelings I had about what had happened to me.

Things got more difficult and I was worrying our relationship would break down as it had before when I was 16. My mental health was in a terrible state. I felt I couldn't stay there much longer, but I didn't know where to turn. I even tried to talk to my old mental health team from where I used to live, because I needed help. I lost my benefits and couldn't get my medication. It was really bad.



I had slept rough before, when I was a teenager, and it had been so frightening. I could only go to sleep when the sun came up, because that was when people were around and I felt safer. This time, I was fortunate to find the help I needed before I ended up on the streets again.

"Everything changed when I became involved with Turning Tides."

They provided me with accommodation. It wasn't just a roof over my head - it was a place to feel safe and hopeful for the future. I also regularly visit the community hub - it's really good. If I'm having a bad day, people understand, and they'll give me space because that's what I need. There's a really good mix of people that go.

My keyworker helped me get everything sorted properly and came to my doctor's appointments. All my needs were taken into consideration to get my health back in order.

"They really supported me with my mental health. Massively. And now I've got involved with mental health peer support. It's a real passion of mine. Everything's moved back round for me, but in the right way."

They've motivated and encouraged me with the training I'm doing. The staff and other residents are really happy to see me achieving stuff, which is even more rewarding. I feel seen and heard. I have a room in one of Turning Tides' projects now. I can sleep at normal times and am trying to leave all the fear behind.

"They take all your complexities into consideration, and help you heal. Turning Tides make you realise you're more than where you've come from."

Mobile Community Hub

'Existing research has largely focused on urban homelessness because it can often be more visible, but has neglected a growing crisis facing rural areas...'
CPRE, The Countryside Charity

In West Sussex, homelessness brings unique challenges. The beauty of this rural area obscures hidden homelessness: rough sleeping is dangerous and many search for safe places to sleep in the remote countryside.

Rural homelessness is an unseen crisis, and a growing one. Our outreach teams have been working for years in rural areas throughout West Sussex. But it has always been a challenge to offer our services and support to people who are hidden away - and can't physically get to one of our projects.

Now, an innovative solution offers some hope that, with your help, we could at last be in a position to reach the people who can't get to us.

We've been generously loaned a double decker bus and secured funding to modify it to include all that our static hubs offer: shower, toilet, washing machine, heating, kitchenette, digital inclusion suite, private meeting space and comfortable seating area. The bus provides an addition to our static sites by offering a unique solution to rural homelessness. It takes our services directly to the places where people need us, by travelling between rural areas, including East Grinstead, Haywards Heath, Burgess Hill, Hassocks, Horsham, Storrington, Pulborough and Steyning - and others. You can watch BBC and ITV coverage of the bus, and hidden homelessness, on our website.

"I had nowhere else to go. I know people who have become homeless and lost hope, and I know how that feels. Homelessness can take your dignity away - you don't feel human. It is a very dark lonely place. Turning Tides offer so much - shelter, warmth, fellowship. They have been so helpful and understanding and through the charity I feel I have grown. I have such a better life now than I had before."

We need your help to run this life-saving service, and to widen its reach. For many, their first step onto the Turning Tides bus will also be that crucial first step out of homelessness.



TURNING TIDES
ENDING LOCAL HOMELESSNESS

MOBILE COMMUNITY HUB SUPPORTING
HOMELESS PEOPLE ACROSS WEST SUSSEX
WWW.TURNING-TIDES.ORG.UK 01903 680740
info@turning-tides.org.uk

We offer on board:

- 🚻 Toilet
- 🔧 Wrench
- 🔪 Screwdriver
- 🗑️ Bin
- 📶 Wi-Fi
- 📄 A4 Paper
- 📄 A3 Paper
- 📄 A2 Paper
- 📄 A1 Paper
- 📄 A0 Paper
- 📄 A-1 Paper
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CHARITY REG NO: 1027832



Street Link

Steve's Story

I had to fend for myself when I was young. I had 5 sisters and 3 brothers. I was neglected a lot. Mum remarried 4 times. My stepdad was an alcoholic and brought drugs such as crack cocaine into the house.

At about age 6, I started hearing voices. As I grew older the voices increased and I began shouting at them because they all said horrible things to me.

I started drinking at 9 years old. It became a habit and by the time I was a teenager I was hooked.

"It was really a cry for help. It helped me block out the noise – block out the pain."

As an adult, I got into the pub trade and worked really hard to gain qualifications. But my drinking had got worse, and although people tried to help me, I felt I couldn't cope without it. I was signed off work with depression and anxiety, and eventually I was sacked. I couldn't pay my rent and bailiffs knocked on my door telling me I had 20 minutes to get my belongings and leave.

I had a partner who was still working, but it wasn't enough to pay for our own place. For the next three years we sofa-surfed, slept in car parks, stairwells, a church graveyard. We slept wherever we could. If we didn't have money, we just wouldn't eat.

We got a tent and put it up in the woods. We were there for 18 months. One day Bex and John (Turning Tides' Outreach) found us and offered help. We saw Bex regularly and after a few visits I told her I really wanted to come off the drink. She told me about Turning Tides' Recovery Service.

I am not going to lie - giving up was really hard. But they welcomed me with open arms, supported me every step of the way.

"I have a keyworker who made a specific plan for me - it has been a real godsend."

I am now seeing a psychiatrist regularly too, and Turning Tides arranged medical help for a hole in my heart. Thankfully, I can take medication for my depression now, because I am free from alcohol.

I can see a plan ahead of me now. I see every step as part of a journey. Me asking for help from Bex when I lived in the woods was the first step of that journey - to the top of a mountain.



"When I get to the top of the mountain I will shout at the top of my lungs
"thank you" to everyone that has helped me."

At times in my life, I have had no one to help me - but through Turning Tides I
have changed such a lot. I can start to trust again and see how people can care
for one another. I feel respected. I feel like a human being again.

Why Support Turning Tides?

Deciding when and how to share your hard-earned money, is a deeply personal choice. Our pledge is that your generosity makes a significant and direct difference in your community. We will support anyone who comes to us for help, but over 85% of the people we support are local people, they may be homeless but are still our 'neighbours'.



A simple roof isn't enough - it takes much more to lay the past to rest.

We promise to make a lasting difference in your community. We don't believe in 'sticking plaster solutions'. Our services work with people for as long as it takes to help them find a real path to greater strength and independent living. With 36 different projects run by experienced staff and volunteers, we ensure each person has a tailored plan that actually works for them. If someone has suffered a lifetime of trauma it can take years to find a new way to live. Many of our staff and volunteers have lived experience of homelessness, and know how hard it can be to build a future that is better than anything you've known in your past.

We always believe change is possible and we never give up on anyone.

Turning Tides is an award-winning charity. We have recently received the Queen's Award for Voluntary Service, the highest award of its kind in the country. We were also presented with a Special Commendation from Sussex Police recognising our important work in the community. When faced with challenges our team always say: 'Community is the solution'. From our 300 volunteers to our partnerships with other charities and agencies, and throughout our work with schools, churches, companies and community groups - we are - always - a grass roots charity, constantly working for you, and with you.


Together we can make a difference.



Tailoring our support to each individual, we help clients with:

- Identity and self-esteem
- Befriending and mentoring
- Physical health
- Mental health
- Crisis management
- Community inclusion
- Housing advice
- Money management
- Recovery support
- Skills and employment
- Connecting to services







A year after a small group of compassionate individuals first took to Worthing seafront to hand out food and blankets to the homeless, the caring deeds of a few become many and Worthing Churches Homeless Projects is formed.

1992

1993 - 1999




As local need grows so does the charity - adding a community hub, a hostel and residential projects to its services.



The Recovery Project opens offering a vital lifeline to people struggling with addiction.

2005

2006-2018



Services grow to help more people across the county. The charity develops a wider range of support - housing, employment, mental health, counselling, substance misuse, befriending, and more.

Same values, new name. Worthing Churches Homeless Projects is rebranded to Turning Tides to reflect its wider work across West Sussex.

2018

2020

2020-2022

2022

Covid-19. Dedicated frontline keyworkers battle illness and fatigue working throughout the pandemic to keep those experiencing homelessness safe.

Turning Tides is now the leading provider of support for single homeless people in West Sussex, filling a vital gap in the local community. In recognition, the charity receives the Queen's Award for Voluntary Service.

Escalating living costs threaten more people with homelessness. Vital community hubs witness increased footfall as they are also put at risk. A mobile service launches to access more remote areas, but Turning Tides reaches out to supporters asking for help to keep services going.



YOUR SUPPORT IS POWERFUL. IT CAN SAVE LIVES.

A donation today can give someone like Sophia or Steve a brighter tomorrow.

Please give what you can afford. **£50** can fund half a day of life-saving support at one of our community hubs, enabling people to begin their crucial first steps on a pathway out of homelessness.

Footfall is already increasing - can you help us be there for everyone?

PLEASE HELP US ENSURE THAT NO ONE FACES THE TRAUMA OF HOMELESSNESS ALONE.

TO DONATE:

Online

www.turning-tides.org.uk/frontline-appeal

Phone

01903 680748

Cheque

**Payable to: Turning Tides
Post to: Turning Tides
Worthing Town Hall
Chapel Road
BN11 1HA**

Scan QR code



BACS

**Payable to: Turning Tides Homelessness
Account number: 31498959
Sort code: 40-47-23**

Reference: HUBS22

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ENDING LOCAL HOMELESSNESS
Registered Charity No: 1027832