



emmaus
Brighton & Hove
working together to end homelessness

Spring 2018



COTTAGE INDUSTRIES...

Early in 2017, an old cottage on our Portslade site presented a fantastic opportunity. It gave us the chance to increase our accommodation for homeless people, and to meet one of our key strategic goals of expanding to 51 places by 2019. There was just one problem. The cottage needed a huge amount of work to bring it up to building regulations and adapt it for communal living, including the replacement of the flat roof, new doors and windows, the installation of shower rooms, reconfiguration of the kitchen, a new boiler, and total redecoration. All of which added up to a budget well beyond our means.



But you really can get by with a little help from your friends.



Enter CRASH, the construction industry's charity that helps homeless and hospice organisations with their building projects. Thanks to CRASH providing a cash grant, materials and vital equipment such as a digger and dumper truck, work was able to start last summer. An additional grant for the roof was supplied by construction & development company Argent, and now the project is almost complete. The new cottage will provide five new Companion bedrooms plus an en-suite room for visiting guests. The new accommodation, away from the main building, will provide a degree of independence for its new residents, while still providing the same employment, communal meals and support that all the Companions enjoy.



While it's tragic that more accommodation like this is needed in Brighton & Hove each year, we are delighted that, thanks to our generous partners, we will now be able to house 53 previously homeless people, making us the largest Emmaus community in the country and enabling us to give more Companions the chance to rebuild their lives. So, a massive thank you to CRASH and Argent – we couldn't have done it without them.

We also thank the MCKS Charitable Foundation UK for their very generous donation towards this project.



MARATHON MEN

Companions do more than just work nine to five – some raise money for their Community too. Brighton Companions Chris and Martin, along with ex-Medway Companion Zeke, are currently training for the Brighton Marathon on April 15th this year, and are hoping for some generous sponsorship.

Chris, who came to Brighton six months ago, is a seasoned runner, having completed the 2016 London Marathon in 5 hours, 24 minutes and 39 seconds. It was a memorable day, cheered on by members of the Medway Community who managed to sneak into the VIP enclosure to watch his final stage. Chris admits that he was “never so glad to see Buckingham Palace!” but is keen to beat his time this year on a new course.

The Companions take their training seriously, running four nights a week and on Sundays. Chris prefers to train at the end of his working day, finding that his eight hours in the Emmaus warehouse moving furniture serves as a good warm up. He’s enjoying the side benefits – he’s lost weight since he began the programme, is avoiding fried foods and sleeping well – but is especially looking forward to the excitement of the event itself:



“I can’t say enough for the general public – the support you get going round is amazing.”

Chris has been a Companion, in various Emmaus Communities, for twelve years. His dream is to find a decently paid job in removals, get himself a quiet little flat and live independently again. In the meantime he’s devoting a lot of time and energy into serving the Community that’s supported him. If you’d like to sponsor our Emmaus Marathon runners, please go to:

<https://localgiving.org/fundraising/marathonmen/>

EMMAUS GIFT VOUCHERS—GIVE A GIFT THAT GIVES BACK

Did you know that Emmaus sells gift vouchers? If you’re looking for the perfect gift for someone who is moving house, starting out in their first home, off to uni, trying to keep kids entertained on a budget, fancies a low-cost wardrobe makeover, socially and environmentally minded or simply someone who could use a helping hand, then a voucher to spend in the Portslade Secondhand Superstore or at Emmaus-by-the-Sea could be the perfect solution. They’re also redeemable in our café, Revive@emmaus, so you could buy a friend’s lunch or a teatime treat for the kids.

An Emmaus voucher will stretch much further than the same sum on the high street. You can pick your own value, there’s no expiry date and you don’t have to spend it all at one go. Best of all, your gift will be supporting our Community and helping us to continue doing what we do.

Just ask at the counter next time you’re in store.

Emmaus is a largely self-supporting Community of previously homeless people, called Companions. The charity provides short or long-term accommodation plus regular structured work in our shops, café and grounds, and optional counselling for addiction or personal issues. We’re part of a secular global charity that also supports other worthwhile causes around the world – check us out here:

www.emmausbrighton.co.uk

WE ALSO COLLECT YOUR UNWANTED FURNITURE & HOUSEHOLD BRIC-A-BRAC FOR FREE.

Call 01273 426 480 or email: collections@emmausbrighton.co.uk



THE CHARITY THAT GIVES TO OTHERS

Did you know that Emmaus does more than support homeless people? The Companions who benefit from our Communities also reach out to offer practical and financial assistance to others in need. We call this Solidarity, and we think it makes us pretty unique.

How we help: Here are just a few of the projects currently supported by Emmaus Brighton & Hove:

- 17-21 April 10p from every hot drink sold in our café will be donated to *Project Waterfall*, which brings clean water, sanitation and education to coffee-growing communities
- We send donated tools to *Tools for Self Reliance*, which distributes tools and training to trades people in poor African communities
- Several of our Companions assist with a regular soup run on Brighton sea front for rough sleepers, (one Companion, Pat, has been involved for over ten years)
- Over the last 4 years Companions have travelled to Bosnia to assist with building new communities in areas destroyed by the war, providing well over 2,000 working hours over several summers. This year we are looking at other Emmaus International projects that we can give our support to.

“Serve first those who suffer most”

Abbé Pierre, Founder

These activities not only benefit the recipients, but provide the Companions with the dignity and self respect that comes with helping others and feeling that they’re a valuable member of a community.



TOOLS FOR SELF RELIANCE
Practical help for practical people



PROJECT WATER FALL

How you can help us

If you know of an organisation, community project or even an individual who might benefit from our Solidarity outreach, please get in touch. We can't satisfy every request, but if we can help we will.

We also have Companions who will visit your organisation or social group to talk about what we do, or will give an on-site “talk & tour” of our community, all for the price of a small donation.

If you'd like to know more please email: joel@emmausbrighton.co.uk with your request.





SATURDAY 24th MARCH 10am - 4.30pm at Drove Road, Portslade BN41 2PA

Spring has sprung, the grass has riz, And our Spring Fair's the best there is!

Yes, our annual Spring fair is here again, and packed with fun for all the family. As well as the usual yummy food in our café and live music performances, there'll be fantastic Easter crafting opportunities with Crafting Over the Moon & Art Hobbs, Val's Famous Tombola, and the best ever Homemade Cake stall - courtesy of solicitors Dean Wilson and many of our wonderful volunteers who are all baking for this event. Plus all the usual bargains in our Secondhand Superstore and Emporium including toys & books, furniture & bric-a-brac, clothes, haberdashery and crafting materials - and our unbeatable £1-a-bag DVD & CD offer.

All money raised goes to the Emmaus Community for previously homeless people, as well as Emmaus Solidarity projects around the world. So come and support us and have a great day out for a great cause.

THINKING ABOUT VOLUNTEERING?

Emmaus Brighton & Hove needs volunteers in order to keep running. The size of this Community means that additional support is always required – whether that's helping to sort donated goods, work in the café, tend the gardens or just assist with events on an occasional basis. “

It's a little haven each week, somewhere you're always guaranteed a smile and a warm welcome, and a reminder that there's more to life than the stresses and obsessions of your own little world.” – Jenny, volunteer for 4 years.

If you're interested in finding out more, please go to www.emmausbrighton.co.uk/how-you-can-help/volunteer and fill in a form. Or ask at the counter, either in our Portslade Secondhand Superstore or Emmaus By The Sea in Southwick.

Have a think about it. It could make a big difference to us, and to you. **Thank you**

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