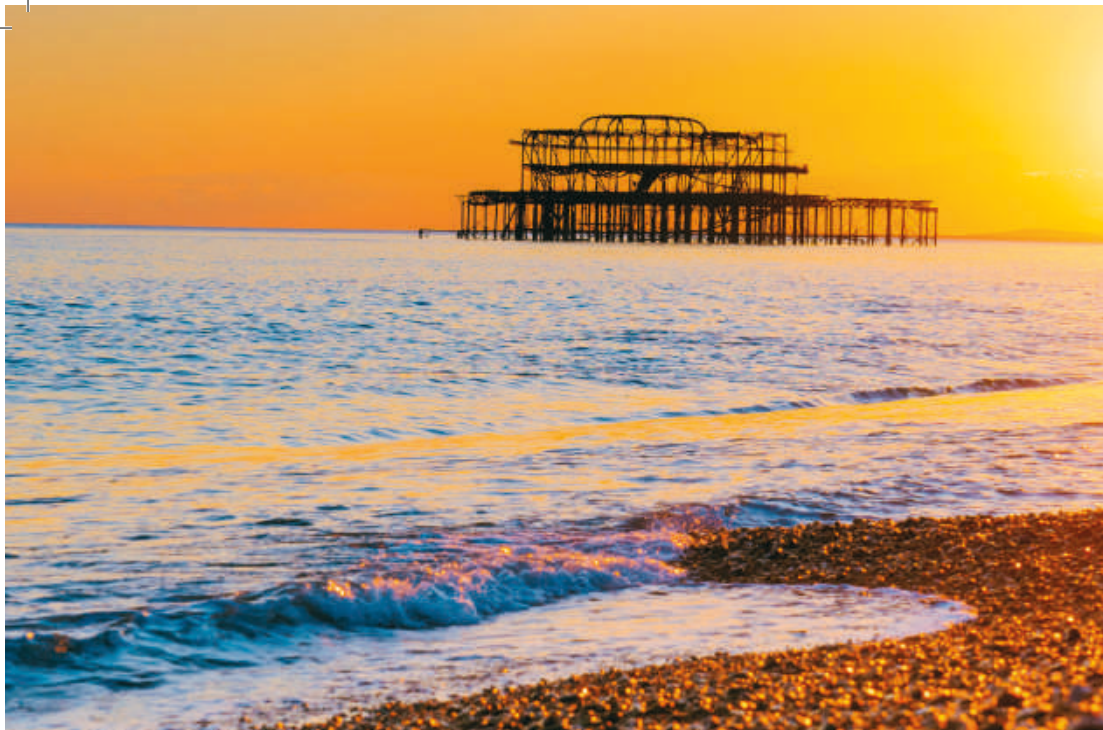




**OFF THE FENCE TRUST**  
**IMPACT REPORT**  
2022-23



**A quarter of a century.**

**100% Commitment.**

It's been an incredible year of celebration, marking 25 years as a charity and a quarter of a century of Wendy's and my involvement in Off The Fence.

We are proud of what has been achieved for Brighton and Hove. The year contained several highlights. The 25th celebration at the Amex stadium was certainly one, with 200 of the great, the good and the long-suffering sharing the occasion with us. The Albion players voted us the most inspirational charity, and best of all, we opened up our new, purpose-built Women's Gateway Centre that had been two years in the planning.

It was a wonderful year, with accolades and invitations flowing in from regional forums and national groups enabling us to make a real contribution to long term change.

It's the privilege of the CEO to witness the impact of our teams and I am humbled by the staff's commitment to quality, care and excellence, each giving over and above what their job requires.



We are witnessing life changing events throughout the City on a daily basis. After each intervention, God-incident or event, someone will approach me and say what an impact our work has had on someone in their family.

Our army of volunteers has grown, rising to the ever growing task of serving our clients who receive excellent service, care and friendship from people who are devoted to their welfare.

This effort, of course, would be impossible without the crucial contribution made by our donors, funders and partners. Collectively, they equip us with the tools to change lives and make this City a kinder, more compassionate place to live.

Looking forwards, the organisation's finances, strategy and personnel are in good shape. We are well positioned to purchase a base for our core operation, with new offices that will allow us to work and communicate more professionally.

Moving our team from 37 Portland Road will allow our homeless work to expand and support the transformative services our Clients so desperately need.

This task requires everyone to respond to a call to arms (or should that be alms?). Looking back, I think you will agree that our journey to this point has been nothing short of miraculous.

We believe that this is because God has been at the heart of everything we do.

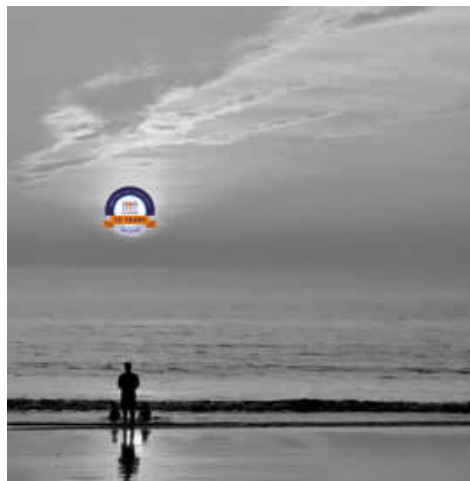
Which is why Off The Fence has become integral to the life of the City and why so many of faith and without, stand shoulder-to-shoulder with us.

As the Off The Fence baton is passed on, Wendy and I pray that, with your help, this charity will continue to shine a light on the causes of poverty and do yet more to combat its effects.

God bless you.

*Paul Young*

**Founder and CEO**



## Chair of Trustees – Graham Hollebon

It has been my privilege to serve as Chair of the Board of Trustees since August 2018. The current Board is a highly committed team of 8 with a variety of expertise and experience that provides the necessary strategic leadership to the Charity as a whole and support for the senior staff team. We welcomed Rebecca Du Preez as a new Trustee in April 2022.

Over the course of the past year we have re-structured the Board to enable a greater level of governance and support to the work of the Charity. Alongside the main Board there are three standing committees – Strategy, People, Finance and Property – which work closely with the relevant members of staff. The main Board meets for a minimum of four times a year.

During the year we have received reports on risk management and safeguarding as part of our annual review of these matters.

We were delighted to share in the celebrations of the 25th Anniversary of the Charity in June and to see

the opening of the wonderful new Gateway Centre which fulfils a long-standing strategic objective to provide a fit for purpose home for this important work. We continue to actively explore opportunities to extend and improve the facilities for all our clients and staff through the acquisition of new property and the refurbishment of existing centres.

We have established a succession planning group to oversee the recruitment of a new CEO which we expect to complete late in 2023. This will be a time of major change for the Charity and the Board but we are confident that God's plan is already in place for the next phase in the life of OTF.

In light of the imminent appointment of a new CEO, we have chosen not to refresh the five-year strategic plan but we are confident that the ongoing operations of the Charity continue to deliver critical support to the most vulnerable in the City at a time of increasing need.

## Impacts:

### The Homeless:

Our services were used by

**385**  
individuals

Client Support Interactions:

**1,269**

**824**  
one-to-one support sessions with our clients

### Women in Crisis:

**119**  
women supported

**1,378**  
attendances at group activities

Student contacts in the last year:

**19,568**

### Schools:

Average of  
**529**  
student contacts per week in school





## Our four areas of work:

**The Homeless:**  
Antifreeze

**Women in crisis:**  
Gateway

**Schools and Youth**

**Mission and outreach**



### We are:

23

staff

9

trustees

8

patrons

35

volunteers

### Supported by:

221

individual donors

87

businesses

21

clubs/associations

5

schools

31

churches

52

trusts

## The journey continues



**1993**

street work begins with Paul & Wendy Young

**1998**

open the Antifreeze day centre

**2012**

Schools and Youth Service established

**2018**

Shower and a second outreach van added

**2020-21**

Purchase of 52 Station Road - The Gateway Women's Centre

**2022**

Gateway building completed and opened on December 1st. Mayor's Charity for third year running. Paul Young and Off the Fence wins Brighton & Hove Albion Inspiration Award. Celebrate 25 years of serving Brighton & Hove.

**2010**

own our first building - 37 Portland Road

Gateway Women's Centre opens

**2020**

Response to Covid-19, Cloud-based systems and the move to remote working and support

**2021**

Antifreeze new beginnings: Empowering individuals for the future / tailored programmes / showers in-house / laundry

November's Big Sleep Out with Seagulls Graham Potter, Billy Reid, Bruno Saltor and 100 others raised £34,000 in one night

**2023 to date**

100 prayer spaces milestone celebrated. Focus Group Charity of the Year. Acumen Law Charity of the Year. Beryl Bikes official partner. First ever Christmas Tree recycling with Just Helping and Amazon.

**1997**

became official charity

**2017**

our first hygiene and shower van (part financed by Southern Water)







# GATEWAY WOMEN'S CENTRE

## GATEWAY WOMEN'S CENTRE

52 Station Road,  
Portslade BN3 5DL

### Tel:

01273 417 597

### Email:

gateway@  
offthefence.org.uk



December 2022 saw the re-opening of our expanded and redeveloped women's centre building, following extensive building work.

The women who use Gateway, as well as our funders and supporters, were delighted to see the improvements we had made.

The centre is designed with the needs of women in mind, especially those who have experienced adversity, trauma or have accessibility issues. Our aim is that

all women who use Gateway feel safe, comfortable, accepted, included and supported from the first moment they enter the centre or speak with one of our team.

“

When I first came to Gateway, you wonderful people really helped me out of a dark space and helped my mental health 100%. I suddenly felt that people cared and I didn't feel as isolated as I had before. I'm a totally different person from when I first started using Gateway and it's all down to the consistent support Gateway has given. Thanks to Gateway's support, I have changed my whole life around.

“

A building made out of bricks and mortar would be empty without the people inside. Gateway now has an amazing home full of dedicated, creative people committed to develop all that you've done so far. I really hope that you're proud of yourselves for all that you've done, for the women's lives you've positively impacted, and the hope you've brought about for the future.



## Why a women's centre?

“

I don't know how I would have survived without Gateway, especially at the beginning when every minute was a challenge for me. It was the only place that I could interact with other women, due to the amazing staff and the support they gave me.

We know that a comfortable, trauma-informed environment makes a big difference to the women we support, but the building is only part of what Gateway is about.

Our women-only services are effective because they support women at their point of need, enabling them to identify and overcome barriers, to build skills, and to find connection and support from other women.

The high demand for Gateway's emotional, practical and spiritual support continues, as we respond to the issues that most affect women including:

- 1.7 million women experienced domestic abuse in the year ending March 2022 (Crime Survey for England & Wales, 2022);
- 1 in 4 women have experienced sexual assault (Rape Crisis);
- there are 3 million female unpaid carers (Office of National Statistics, 2021);
- 1 in 5 women have common mental health problems, such as depression and anxiety (Mental Health Foundation);
- 59% of working women between the ages of 45 and 55 who are experiencing menopause symptoms say it has a negative impact on them at work (Chartered Institute of Personnel & Development).

## What we offer:

**One-to-one support from our experienced team:**

824

one-to-one support sessions

April 22-March 23

We delivered over 824 one-to-one support sessions this year. Our emotional, practical and spiritual support is holistic and flexible, and led by the woman, her needs and her goals.

### Emotional and mental health

Many women who use Gateway have experienced trauma or abuse, or have mental health issues. We adapt our approach in response to a woman's individual life experiences, as this enables a woman to access the support she wants more easily and leads to more positive outcomes. As well as finding support from other women at the Centre, the team provide a listening ear, and practical support including assisting women to access specialist services, or to speak to a GP about their issues. An increasing number of women have asked for support following bereavement, and we hope to run a Bereavement Course later in the year in response to this.

“

It's like a breath of fresh air for me. The staff feel like family. They have never let me down. They have supported me through bereavements and problems with other services. They have definitely helped me avoid a few suicide attempts.

### Safety, safeguarding and rebuilding lives:

The team are trained and skilled in recognising and responding to issues around safety, risk and safeguarding - including undertaking suicide prevention interventions, empowering women to seek help themselves, and referring on to other services like mental health crisis teams. Women who have experienced domestic abuse and violence tell us that Gateway is an invaluable place to start to rebuild their identity, build confidence, work on practical issues like finances, and develop positive connections with other women. All the while, developing positive also using other specialist domestic abuse and violence services in the city.

### Physical health and disability:

Long-term or chronic health conditions can impact on all areas of a woman's life, and many of the women we support experience these. We ensure that our building is fully accessible to women with mobility or other access issues. We offer phone supports for those who can't easily leave home.



Our service works at the woman's pace, without a time limit. Women frequently tell us that this approach is more realistic for their needs and circumstances, which may be on-going and not easily resolved.

### Caring roles:

Supporting women who are in unpaid caring roles has been a key feature of our work this year. While the women we support may have experienced multiple adversities themselves, they also work extremely hard to maintain their caring roles. Support like our one-to-one sessions, help to access on-line information, and our group activities (designed to make time for re-charging before returning home), all have a great impact on a woman's quality of life – and of their families.

### Practical support – not just listening, but doing alongside:

Our practical support includes accompanying women to health appointments, support to complete forms, empowering women to make a phone call to a service provider themselves, and making referrals to other agencies. We also regular liaise with carers and other service providers, on behalf of women or with them.

Finances, debt and housing are major issues within the community and Gateway, reflecting the current housing crisis in the city and the on-going cost of living crisis. Our 'Share Hub' is an opportunity for women and the local community to share resources – everything from food, to sanitary products, clothes and household goods like kitchen equipment – and it was accessed 209 times last year. We also refer women to other local food banks and sources of low-cost food, as well as to money and debt advice agencies. Women tell us that knowing they do not have to face this alone is invaluable.

“

I have trouble with form filling, so knowing someone can help me is a great help, thank you.

## Group activities – connect, learn, laugh, relax

Many women struggle with family conflict, relationship difficulties, friendship issues, harassment from neighbours and isolation. We respond to this through our group activities programme.

Our 'coffee, craft and chat' drop-ins and creative groups provide welcoming, safe spaces. Our women can build friendships, learn new life strategies – and take time out to relax in order to create new memories to submerge old ones.

The peer support informally offered and received is central. Women say “talking to others who have been through the same things as me helps me to know that I'm normal. I know that I'm not on my own. The other women are really accepting here.”

We are working towards more involvement from the women in planning activities, co-facilitating and co-producing our groups programmes. We love hearing the women's ideas for group sessions and ways in which in which to share or acquire skills. We want to build partnerships with other local services, like Creative Future (a local arts charity who run photography courses at Gateway).

### Group activities this year included:

- 'Coffee, Craft and Chat' drop-ins – a time to connect, relax, seek support, be creative.
- 'Food for Thought' Christian-themed reflection times
- 'Come and Sing' - fun sing-along sessions for all abilities
- Brighton Festival trip to see a show at the Dome
- Trip to Lewes FC to cheer along the women's football team at a match
- An uplifting Silent Disco to celebrate 'International Women's Day'
- Wellbeing workshops and talks including sessions on 'Looking after You', 'Menopause Support', 'Stress Management', 'Managing Fatigue', 'Creative Writing for Better Mental Health'
- A Paint-along Session for all abilities and a trip to Pottery Gagliano for a pottery workshop, including making a pot on the wheel
- A photography course run by Creative Future, culminating in an open-to-the-public viewing
- Regular meet-ups at a local community café

1,378

attendances at  
group activities

April 22-March 23



## A safe space to explore faith

“

I love the fact that at Gateway staff pray for the women. I find the staff team to be very sensitive and caring with this.

The team prayed with a woman at least

824 times

April 22-March 23

Working from a Christian perspective, Gateway supports and welcomes women from all faiths and none.

Women tell us they feel they can speak about faith and belief openly with the Gateway team in a way they can't with other services. Our Christian-themed activities are all optional, and open up opportunities for women to explore the Christian faith, including those who perhaps wouldn't have visited a church setting.

Our optional fortnightly 'Food for Thought' group sessions offer a peaceful time to ponder over a Bible verse with other women and the team. It also provides the opportunity to share thoughts and questions, listen to a hymn or worship song, and to ask for prayer at the end. We have also run Alpha courses, Bible study groups, and Christmas and Easter Specials where we share the Good News of these seasons.

The team can also offer to pray with a woman during a one-to-one session or to read a Bible passage, if it seems welcome. The team feel it is a great privilege to be able to support women in this way.

## Team and volunteers

The Gateway team consists of 5 mainly part-time staff, and 8 volunteers.

This dedicated, experienced and skilled team of women deliver a responsive and professional service, with creativity, kindness and flexibility at the heart. Our volunteer team take part in regular training sessions and debriefings.

The team keep their skills and knowledge up to date by taking part in in-house and

external training sessions. Wendy Young (Off the Fence co-founder) also supports the team with training and supervision.

“

Always caring and kind, and they are very good at listening to me. They are so reassuring and supportive and it helps me move things forwards.

## Clara's story:

I feel less isolated because of Gateway's support and kindness. For me, just knowing I've got Gateway to go to when I feel low and have problems, when I have no one else to turn to in life, really helps me.

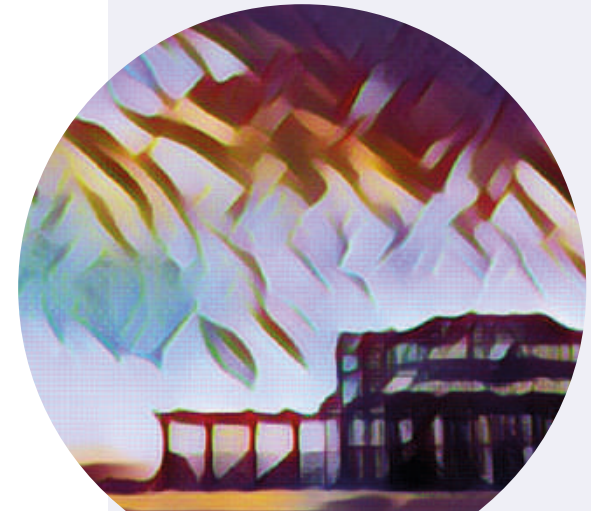
My mental health has improved as I can speak about personal things with the support workers - for example, I can talk about my faith and I'm not judged or laughed at for my beliefs.

Gateway has helped me a lot to try and see a better future, but with me sometimes it looks bleak. That's my condition. Sometimes there's not a lot ahead for me. I know for sure I wouldn't be here if it wasn't for Gateway's help and support. I had an issue recently that lasted 3 years. Hayley (Gateway Support Worker) got me a GP appointment and gave me help that made a huge difference.

I feel safe knowing the team are there at GW should I ever need help or support. I would be devastated if I lost that.”



The Team: L-R - Kate, Gen, Laura, Ali, Hayley





## Stephanie's story:

I'm a woman in my 50s who has had medication-resistant depression and anxiety for 25 years. I live locally and I 'found' Gateway about 7 years ago.

Despite having various short-term counselling and treatments through the NHS mental health services, there was no continuation of support, so any benefit gained was quickly lost over the subsequent months.

Gateway has given me so much - not just care and support but kindness, friendship, a sense of belonging, acceptance, a purpose, a place where I don't have to pretend to be ok, creativity, help and confidence to join other groups outside of Gateway.

Talking to other members, in confidence, who have experienced similar challenges, really helps me to normalise and understand how I'm feeling. Knowing I'm not alone is invaluable.

Gateway is a huge part of my life. I don't have any friends or extended family around me, so the women and team are like a family to me. I really look forward to the creative sessions and other groups, as they really help my mental health and give me a positive sense of achievement. To be able to drop in for a coffee is so vital to get me out of the house, even when I am feeling low.

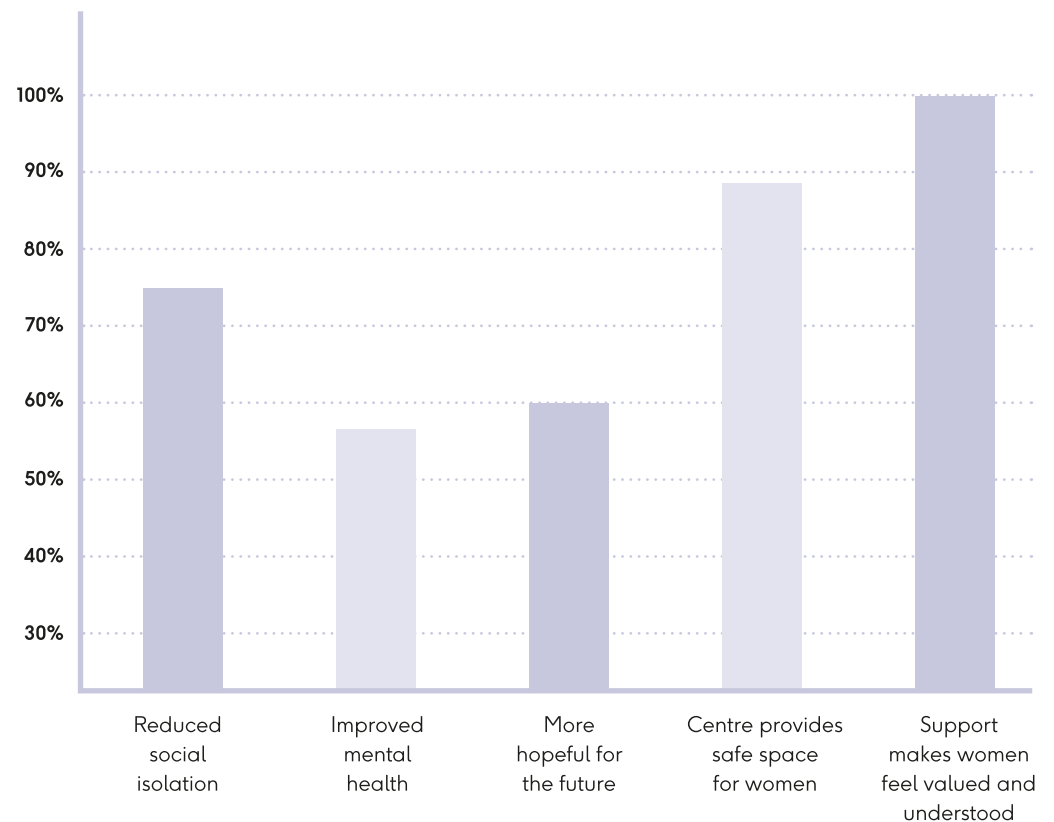
When I come to Gateway, I can feel a huge weight lifted with the kindness and generosity of spirit from everyone there. Gateway is such a special place and I feel incredibly lucky to be a part of it.

## Lucy's story:

I have been with Gateway from the beginning and Wendy and all the staff (past & present) are truly amazing. They have helped me so much over the time I have been involved with them. I am here today because of their support. Many times I have felt I had nothing in my life to carry on, but with support I have been able to pull myself through all of the down times in my life, and there have been many of them.



## Spring 2023 survey responses



**SCHOOLS & YOUTH TEAM**

132 Portland Road,  
Hove BN3 5QL

**Tel:**

01273 977 980

**Email:**

[schools@  
offthefence.org.uk](mailto:schools@offthefence.org.uk)

 @otfschools



**10 years of PSIS**

In March 2013 the schools team were just embarking on a new adventure. We ran our very first Prayer Space in school!

Back then we had no idea how schools and students would respond to the initiative, but Prayer and Reflection Spaces are now a firm fixture in our diaries!

In the last 10 years we've run 111 Prayer and Reflection Space, seeing over 38,000 students. We've set up in classrooms, corridors, halls, dance studios and even a greenhouse! These spaces give students aged 5-16 the chance to think about big topics such as forgiveness, thankfulness and compassion in a safe and creative way. Students often enter the space with wide eyes and a big smile as they take in the immersive experience that we've created.

**Here's what local schools say about our Prayer Spaces:**

**Year 5 Student at St Nicolas & St Mary's CE School:**

*"It really calmed me down and made me feel loved by God. I liked the paper shredder because it threw away my worries."*

**Students at King's School:**

*"That was the best thing today!"*

*"It made me realise how calming prayer can be."*

*"This was so fun even though I'm an atheist. I feel very happy, it was very good."*

**Jane Noble Chaplain at Cardinal Newman Catholic School:**

*"It was so wonderful to be supported by you all and see how much our students benefitted and enjoyed their experience in the Prayer Spaces. It was such a success - thank you all."*



The Team: L-R - Jen, Rich, Suzanne, Lizzi



## Youth Cafés

Some of the work we do is too big for our team of 5 to accomplish, so we love working with other organisations around the City.

This year we've been running two youth cafés. Crossroads Café is run in partnership with a local church and runs once a month. The team don bright orange hoodies and make vats of hot chocolate ready to hand out to students on their way home from school. Around 300 students visit the café each time where they enjoy a hot drink, a game and have the chance to think about a big question such as 'what is the biggest problem in the world today?' Students from 5 local schools attend, so it's a great opportunity to build community in the local area.

We've also pioneered a second youth café this year in partnership with Brighton & Hove City Mission Schools Team at a local college. This runs weekly during term time and sees about 50 students each week. The team makes hot chocolate and pancakes and invites students to play games and chat about our question of the week. Some students also stay on after the café to take part in the Youth Alpha Course – exploring the Christian faith.



## Hot Off The Press

## Easter Experience

The majority of our work is with local secondary schools so it's great to spend more time in primary schools at specific times of the year such as Easter.

This year we took our Hot Off The Press Easter Experience to 3 different schools. Aimed at students in years 5 and 6, this experience gives the opportunity to visit Jesus' empty tomb, interview a Roman soldier and take part in a science experiment. Once they have gathered their evidence, the students write a newspaper article with their findings about what happened that very first Easter.



“

This was the best RE lesson ever!

Year 5 student at St Andrew's CE Primary School





## Year 6 transition

Times of transition can be difficult for all of us, so in the Summer term we turn our attention to students in year 6 as they face the move up to secondary school.

In the last 12 months we worked with four primary schools delivering our 'Head Over' course designed for students who might find the Primary/Secondary transition difficult. Our experience of working in both primary and secondary environments means we can work with the same cohort before and after the Summer holiday. Hopefully, our familiar presence makes the step up easier for them!

**Year 7 student, Cardinal Newman School:**

*"So good and supportive – you have to do this if you get the chance!"*

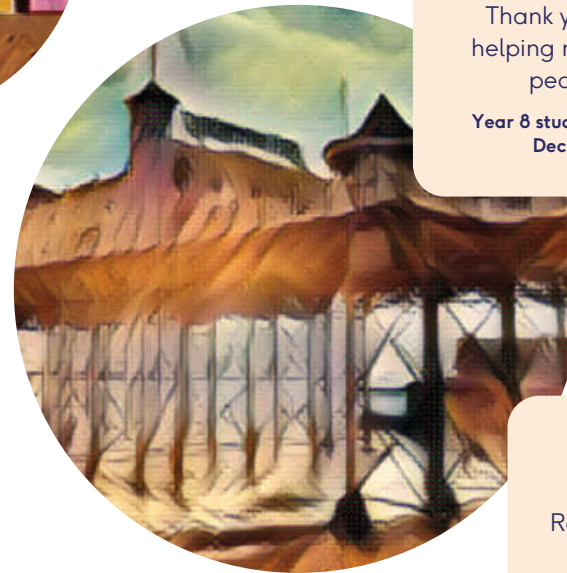
**Year 7 students Blatchington Mill School:**

*"I've learned how to make friends and be confident in myself"*

*"I've learned how to deal with difficult situations and how to ask for help"*

**Katy Lambert, Volunteer:**

*"When you see the difference between first meeting them in Year 6 and then how they are settling into the first term in their new school, you see just how important this kind of group mentoring is."*



“

Thank you for having me and helping me! The group was fun, peaceful and helpful.

**Year 8 student from a Head Full group, Dec 22, Hove Park School**

“

Your assembly is just brilliant. Thank you so much. Really sensitive, but also engaging with an opportunity to begin to tackle the big questions.

**Kate Vincent  
Assistant Head at King's School, Hove**

“

I really enjoyed the freedom of talking without being judged by others.

**Yr 9 HT group at King's School, Hove**

111

prayer spaces run in 10 years

38,000

students through prayer spaces in 10 years

3,570

student contacts through youth cafes

75

students mentored 1-1

256

students through HOTP

19,568

student contacts made in the year

Average of  
529

student contacts per week in school



L-R – Lizzi, Jen, Santos, Suzanne & Rich

## Team news

Sadly, we said goodbye to team member Daniel this year, but we wish him well in his new job pastoring a local church. We're also grateful that he occasionally volunteers in school with us. We enjoyed 6 months with new team member Michael who brought a sense of fun and prayerfulness to the team. We have very recently recruited a local man, Santos Alphonso, a keen young support worker - we are looking for an intern for the year ahead.



## Bereavement Course

This year we pioneered a new part of our “Where’s your head at?” course with a focus on students who have been bereaved.

We ran ‘Head Space’, a 6-week course, with a group of Year 9 students at Hove Park School. Each student had experienced at least one significant bereavement (a parent, sibling or friend) and some had experienced multiple bereavements.

It can be hard for young people to articulate all the thoughts and feelings they are having after someone dies.

‘Head Space’ offers students a supportive space, without judgment—where no feeling is “wrong” and no question goes unanswered.

As with all our group work programmes students are free to share their thoughts and spend some quiet time writing in their booklets, as well as joining the team in playing games and watching thought-provoking film clips. The highlight of this group was our final session when we celebrated those who had been loved and lost by doing something that they loved – this included making tea in a teapot, playing board games and even ordering a kebab from a local takeaway!





# ANTIFREEZE

PART OF OFF THE FENCE

## ANTIFREEZE PROJECT DAY CENTRE

37 Portland Road,  
Hove BN3 5DL

**Tel:**

01273 774 140

**Email:**

antifreeze@  
offthefence.org.uk



**The need is more visible.**

**And so are we.**

This year has been a continued period of significant change and transition for Antifreeze.

Soaring living costs and resulting economic uncertainty have created greater hardship and a rise in homelessness. These have brought about both internal and external challenges. As with many charities, this has included difficulties with staff recruitment, capacity and related transitions. Yet for us, God has remained faithful and enabled us to journey through this time with hope of new beginnings and better times ahead.

## Van Outreach

Our van outreach was in high demand during the summer months in 2022, not only providing the usual essentials for rough sleepers such as sleeping bags, clean clothes and toiletries, but also specifically providing sun cream, hats and water during the extreme hot weather.

Being in plain sight in Jubilee Square at the centre of Brighton once a week has been a great flag-waver for our work. Alongside this, our evening street outreach and drop-in times at the day centre have been fruitful opportunities for rapport and trust-building. They have led to numbers of people accessing additional one-to-one support, hygiene facilities, healthcare, welfare benefits, accommodation and housing advice and even job opportunities. Due to staff capacity and rough sleepers preferring the idea of an inside warm space during the winter months, we had to stop the van outreach temporarily, which has now re-started fortnightly. We are grateful to the Fringe Festival for allowing us to use their event space at Jubilee Square.



## CGL Outreach Team collaborations

This year has seen closer partnership working with some key agencies who support rough sleepers and others experiencing homelessness. This includes CGL (Change Grow Live), the organisation commissioned by BHCC to provide the Rough Sleepers Street Outreach provision.

Our well-established Antifreeze outreach complements CGL's - the official pathway for people bedding down on the street to be verified as a rough sleeper and assessed for eligibility for homeless support and housing provision in the Brighton and Hove area. We have worked closely with CGL during many of our outreach sessions to refer people we find on the streets to them to access their provision and vice versa. This, in turn, has often resulted in individuals being housed, whether in emergency, temporary or longer-term accommodation. We regularly advise members of the public that they can refer a rough sleeper to the CGL team via the StreetLink app.

Additionally, during the cold snaps in winter, when the BHCC's SWEP (Severe Weather Emergency Protocol) was activated; we were able to work closely with both the CGL street outreach teams

and directly, with both the out-of-hours safeguarding team and welfare officers.

During the winter months, we were also able to help with food delivery for the Council's additional Winter Accommodation provision at different locations across the City.

“

Antifreeze is a great example of services we work closely with to support rough sleepers. We do this by ensuring that each time our outreach shifts run simultaneously we know who is working and who to contact if a person needs rough sleeping gear or can be picked up for verification by SOS. Together we've worked hard this year on communication between the services to provide clients with more joined-up support.

Rachel Bryan, CGL

## Volunteer training

We are reliant on a fantastic team of volunteers to support our street outreach provision, as well as for the drop-in support in our day centre.

In October 2022, we hosted our second volunteer training evening of the year, and invited CGL to attend and share their knowledge and expertise with our staff and volunteer teams. This was very well received and really useful in providing valuable insight into how people on the streets are assessed for their housing and other support needs. As a result of this knowledge sharing, there may be scope to partner even more closely with their staff and volunteer teams on street outreach.





## Extreme heat emergency planning

As climate change continues and our summers are getting hotter, it is being acknowledged that there is a need to consider SWEP accommodation provision during periods of exceptionally high temperatures.

Moving forward, we will be involved in discussions with the Council about both Winter and Summer SWEP provision.

A big thank you to Roedean School for their continued provision of sandwiches, sweet treats and bottles of water. We now have a 'shed-load' of water in stock, ready for distribution when needed.

## Healthcare Outreach Provision

Antifreeze has been increasingly working with health professionals for a number of years to enable easier access to healthcare for those on the streets and in insecure housing.

Where we used to host physiotherapists and nurses sessions fortnightly, we now have podiatrists and oral health clinicians providing care, along with HEP C (Hepatitis C) Trust peer support during drop-in sessions. This has proved very valuable for a number of the people

accessing Antifreeze support provision, and enabled diagnosis and treatment that may not have happened otherwise.

It has been rewarding to see these healthcare providers taking time to informally engage with people accessing the centre. This has enabled clients with negative experience of accessing healthcare, perhaps due to the stigma attached, to feel more at ease in getting the treatment they need.

In partnership with St John's Ambulance, a new role offering on-street nursing on outreach will mean that we can offer floating nurse assessments and treatments.

## Women's Drop-in

As a result of some women not feeling comfortable attending our general drop-ins, which are mainly male, we piloted a new women-only drop-in one morning per week.

Since Spring 2022, we have welcomed up to 8 women at each drop-in where they can make social connections and access support in a safe and friendly environment. Most of these women have lived experience of homelessness and poor mental health, often linked to previous domestic abuse and other trauma, so this provides a lifeline to help them improve their mental health and increase in confidence. We have seen clear evidence of this, with several

attending group drop-ins. There has also been a number of planned activities including a pampering evening, various art workshops, films, a visit to a community allotment and long walks along the seafront. This led to a WhatsApp group set up as their own social network after a group picnic on Devils Dyke. They have since been meeting socially and accessing other women's services together.

Additionally, one of our women's drop-in clients with complex physical and mental health difficulties was supported with removals to her new permanent accommodation with funding from a local charitable trust fund, arranged by Antifreeze. She also gained support from a local church with fixtures and fittings and from Antifreeze staff with other aspects of settling into her accommodation.



L-R - Raquel Seliva & Bruno Salto with Karla, Nigel & Anna



## Art Therapy and Showcase Event

We have become increasingly aware of the level of mental health-related difficulties with people accessing our drop-in provisions; and with this, a recognition of a need to provide social and therapeutic activities for occupational therapy.

As such, we were already aware of some of our day centre beneficiaries' creative interests and talents, so are currently piloting an Art Therapy Project which provides people accessing our drop-in sessions to engage in informal and structured opportunities to experiment with art materials and techniques. This includes art workshops run by experienced artists, helping to showcase the art produced at an open house style event during the May Festival. Art donated by other artists working within the homeless support sector were exhibited and sold to support this work. Revenue from work created by our clients and sold at the exhibition was passed directly to the artists, giving them a welcome boost to their self-worth..



Leanne Clarke (second left) and the Haircuts 4 Homeless team





## Antifreeze impact during 2022-3:

### Showers

Day Centre: 291  
 Outreach: 0  
**Total: 291**

### Clothing

Day Centre: 779  
 Outreach: 416  
**Total: 1,195**

### Benefit support

Day Centre: 87  
 Outreach: 0  
**Total: 87**

### Laundry

Day Centre: 376  
 Outreach: 0  
**Total: 376**

### Toiletries

Day Centre: 297  
 Outreach: 185  
**Total: 482**

### Housing advice

Day Centre: 162  
 Outreach: 0  
**Total: 162**

### Sleeping Bags

Day Centre: 160  
 Outreach: 225  
**Total: 385**

### Health care

Day Centre: 119  
 Outreach: 0  
**Total: 119**

### Street outreach interventions

Outreach: 1,269  
**Total: 1,269**

### Raised awareness of Antifreeze

Day Centre: 146  
 Outreach: 1,045  
**Total: 1,191**

### Women's drop-in sessions

Day Centre: 43  
**Total: 43**

### Van outreach (Mar-Sep 2022)

Outreach: 298  
**Total: 298**

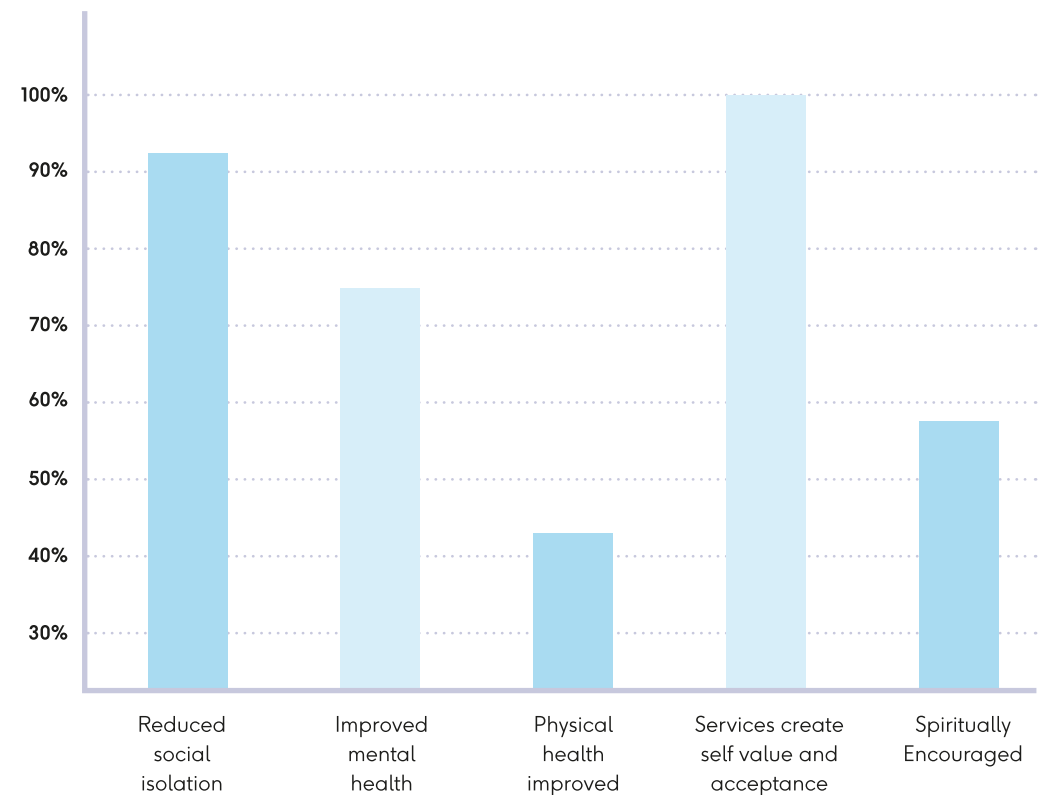
### CGL outreach/ StreetLink referrals

Day Centre: 50  
 Outreach: 35  
**Total: 85**



The Team: L-R - Anna, Sabrina, Karla, Nigel

## Spring 2023 survey responses



# Reaching upwards, reaching outwards

## Income Generation:

Off The Fence has consolidated its post-Covid revenue performance during a challenging 2022-23.

Post-Covid, and in the middle of a cost of living crisis, raising £734,000 has been a significant achievement. Trust Income has held up well, whilst events and appeals and individual donations have strengthened.

The Charity has been able to diversify and move forward, especially in the IT and data collection space, which has enabled us to monitor and review our services and support more effectively vulnerable individuals in Brighton & Hove.

Some of the key highlights of the income generation activities undertaken during the year include:

The launch of several new fundraising streams, including the recycling of 700 Christmas trees with the assistance of Amazon and eight vans and drivers; our appointment as charity of the year for two major City businesses (Focus Foundation and Acumen Law); the active creation and management of fundraising events in the business sector, including Sutton Winson and Seed Marketing along with an increase in business support financially and in kind.

We have seen an uplift in the number of corporate partnerships, which has resulted in increased funding and support for our programmes. These have been led by our Corporate and Events Lead, Sarah Melvin who has positioned Off The Fence as one of the most business-friendly charities in the City.

A major overhaul, stripping down and rebuilding of our individual donor base which resulted in a higher average per capita revenue and an increase in regular newsletter recipients from 1100 to 1600.

An uplift in successful grant applications to sympathetic trusts, enhanced by the recruitment of a new Trusts and Foundations Lead, Daniel Young. He has strengthened the use of data, customer giving journeys and exploiting the power of customer relationship management via Donorfy and engaged directly with the three projects to hear directly what their needs and aspirations are.

The successful organization of several fundraising events, including the November Big Sleep Out which attracted the highest ever number of participant (in excess of 100) and the second highest revenue take at £28,000. Special thanks should go to the 5 BNI Brighton Rocks companies who assisted on the day.

A Will Surgery initiative is being organised this June in partnership with Acumen People. Participants will receive a short, personalised video whilst attending their appointment. This will be stored with the Will itself.

Overall, the income generation activities undertaken during the year have been successful in securing the funding needed to support our work with the most disadvantaged members of our community.

One of our campaign themes this year was 'We don't Believe in Inner Circles' - an image of the parable of the lost sheep brought into focus today on the streets of Brighton & Hove.



Speaking at St Christopher's Prep School



Roy, Daniel, Phil Cross (Mid Sussex Maintenance) and Sarah - Christmas tree re-cycling in Steyning







Sarah Melvin on the Investment Solutions sponsored bike ride



The Big Sleep Out



Speedee Boarding at Hove Lagoon



Lawton & Dawe on Woolly Hat Day



12 year old singer Scarlett Chapman combined with Nationwide, Hove to raise £13,000

## Communications:

Off The Fence Trust has made significant progress in the area of communications during the fiscal year 2022-3.

The organization has been able to raise awareness of its services and the issues it addresses among the wider public through the media and the harnessing of new and innovative communication channels.

Some of the key highlights during the year include:

The regular updating and SEO of our website, which has enabled us to better showcase our work and engage with our stakeholders.

The growth and more effective use of social media platforms, which has enabled us to reach a wider audience and raise awareness of our work.

Successful media coverage of our programs and events, which has resulted in increased visibility and support for our work. These have included BBC News South East; Meridian News, BBC Radio Sussex, several articles in the Brighton Argus, Brighton Source, the Brighton Thrive site and various business

platforms including BNI Brighton Rocks, the Big Brighton Business Club (BBBC) and the Brighton & Hove Chamber.

The nurturing of the local, talented 12 year old singer songwriter Scarlett Chapman. Scarlett, with our help, released a Winter Appeal song, raised over £3,000, appeared in several high visibility concerts including the Focus Foundation Winter Ball; the Mayor's Charities Valentine evening; as well as our Irwin Sparkes (The Hoosiers) Concert. Irwin approached us to offer his services after seeing her video. She is also a finalist in the Acumen People Awards following our submission.

Overall, the communication activities undertaken during the year have been successful in raising awareness of our work and the issues we address, and in engaging with our stakeholders. Our outbound comms continue to strike an impactful and original note, largely thanks to the efforts of our designer, Tom Barnard.

In conclusion, the fiscal year 2022-3 has been a successful one for Off The Fence Trust in the areas of income generation and communications. The charity has achieved continued progress in securing funding to support its projects and services, and in raising awareness of its work among the





Nigel Sarjudeen & Leanne Clarke Marathon heroes

wider public. We are grateful for all our supporters, businesses, churches, funders and individuals for their steadfast support in achieving these successes.

For all of you who have donated, volunteered, supported and prayed during the year, thank you. Together, we have made a difference.

*Roy Stannard*

Head of Income Generation and Comms

# Our Values



We care for those who are suffering (Col 3:12, Matt 9:35)

Compassion

We do what is right (Prov 10:9, Titus 2:7-8)

Integrity

CHRIST-LIKE

Excellence

We aim for outstanding quality (1 Cor 12:31, Phil 4:8)

Unity

We achieve more together (Ps 133, Eph 4:3)

We desire the best for others (Col 1:27, 1 John 3:16)

Resisting poverty. Empowering people. Restoring hope.



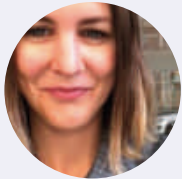
## Trustees



**Paul Young**  
(Ex-officio / CEO)



**Rebecca Du Preez**



**Hannah Lancaster**  
(Deputy Chair)



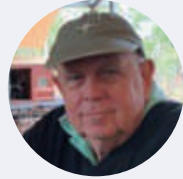
**Jean Cooke**



**Gary Schulz**



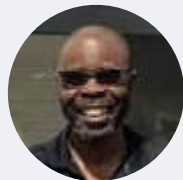
**Graham Hollebbon**  
(Chair)



**Greg Peacock**



**Matt Weir**







**Max Mkandawire**

## Patrons




### Patrons can:

- Open doors to well-connected individuals and organisations
- Support and attend events
- Provide a name that draws the media in
- Enhance credibility

### Patrons roll of honour:

Name:	Who are they:	What they bring to us:
<b>Bruno Saltor/ Raquel Seliva</b>	 Ex-player and club captain at BHAFC and now a member of the Chelsea coaching staff	Bruno has a heart for the work of OTF and is able to help us access support and funding from a variety of sources.
<b>George Verwer RIP</b>	 Evangelist and founder of Operation Mobilisation.	Sadly, George passed away this year, having been instrumental in changing the lives of thousands of people. He will be sadly missed, but leaves a legacy on which to build.
<b>Michael &amp; Maureen Chowen</b>	 Michael is Deputy Lieutenant of East Sussex and Maureen is High Sheriff of East Sussex. They are business leaders and philanthropists.	They provide access to the business community and the recognition of being the King's representatives in East Sussex.
<b>Peter Kyle</b>	 Labour MP for Hove and Shadow Secretary of State for Northern Ireland	Peter actively speaks about OTF and our work and is a great link into Parliament.

- Each Patron will have strength in a particular sector and will enable us to target fundraising using their name
- Share the work of OTF amongst their social circles and social media following

Name:	Who are they:	What they bring to us:
<b>Dee Simson</b> 	Dee is the ex-Mayor (2018-19) of Brighton & Hove and a respected, long-standing former City councillor.	Dee is a long-term supporter of OTF and is a great link into the local community.
<b>Claire Martin OBE</b> 	Hove-based Claire is one of the most celebrated jazz vocalists in the world.	Claire provides a vital link into the entertainment industry.
<b>Graham &amp; Rachel Potter</b> 	Former Manager of Brighton & Hove Albion and more recently, Chelsea	Graham and Bruno are responsible for helping to build the launch pad on which the Seagulls are now flying.

## Charity Governance

The Trustee Board share ultimate responsibility for governing Off The Fence and directing how it is managed and run.

Under the chairmanship of Graham Hollebon, Trustees are drawn from a variety of backgrounds and experience, but all share a heart for the work of the charity. The full Board of Trustees meets at least six times a year, and there is ongoing contact with the management team and staff in between these formal meetings. The Chair and Vice Chair are appointed at the AGM in September.

Rebs Du Preez has finished her first year as a Trustee and has been tireless in contributing to the human resources and wellbeing of the Charity.

Trustees pay attention to ensuring that Off The Fence maintains a clear focus on delivering against its charitable purposes. They also ensure that there is a clear strategy in place which is understood throughout the organisation; that resources are allocated in an efficient way; and that there is an awareness of the economic, political and social environment in which the Charity operates.

At each Board meeting formal reports are presented covering income and expenditure, performance in all the core outreach projects and an update on governance items that are relevant to the Board.

The CEO and different project managers attend these meetings to provide information and to answer questions that the Board may have.

In addition, monthly financial reports are provided to all Trustees.

Trustees have specific areas of responsibility which enable them to 'deep dive' into specific areas of the work of the charity, providing both support and challenge as required. Currently these responsibilities are:

- Governance
- Risk
- Safeguarding
- People
- Property
- Finance

The Board regularly reviews the appropriate number of Trustees and the skills and experience that are required. It undertakes a full review of the mission, vision, objectives and strategic plan for the Charity on a regular basis working with the management team and staff. The links between the Board, the CEO and the senior management team are strong and ensure that the direction and good management of the charity are anchored strongly.



## Finance:

### Income and outcomes

Our latest Accounts are currently with the auditor so are in draft form and subject to possible change.

In 2022-23 we raised £677k income from our normal activities (excluding Capital Appeal), an increase of £29k (4%) from last year. This covered all but £31k (4%) of our normal spending for the year which totalled £708k.

As shown in the income chart, the bulk of this came from Grants from Trusts & foundations, donations from supporters including Individuals, churches, businesses, schools and clubs & associations. Additional revenue was raised via events including the Big Sleep Out and Woolly Hat Day and appeals at Easter, Harvest and Winter time.

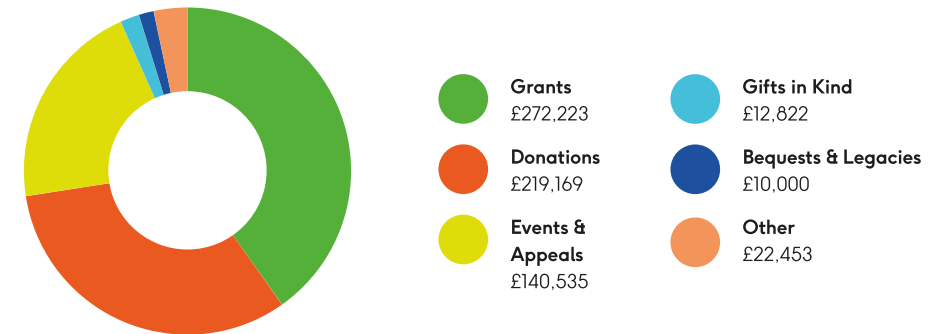
The Capital Appeal raised another £71k this year making a cumulative total of over £600k. This enabled us to complete a substantial extension to the building bought last year and to furnish and equip the completed Gateway Women's Centre. A second set of charts is included showing this year's overall incoming and outgoing figures, including the Capital Appeal, with £749k income and £736k expenses, resulting in a £13k surplus.

This is a good outcome and we are very grateful for the continuing generosity of our valued supporters when many are struggling with the higher cost of living and facing difficult decisions about how best to allocate limited resources.

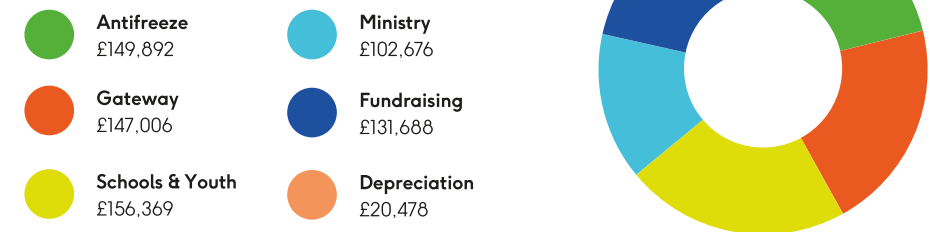
*David Goble*

Finance Manager

### How we raised income of £677,202 in 2022/23 (excluding Capital Appeal)



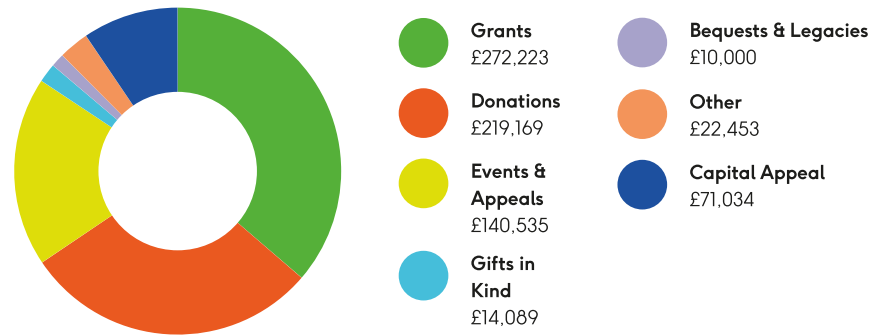
### How we spent £708,109 in 2022/23 (excluding Capital Appeal)



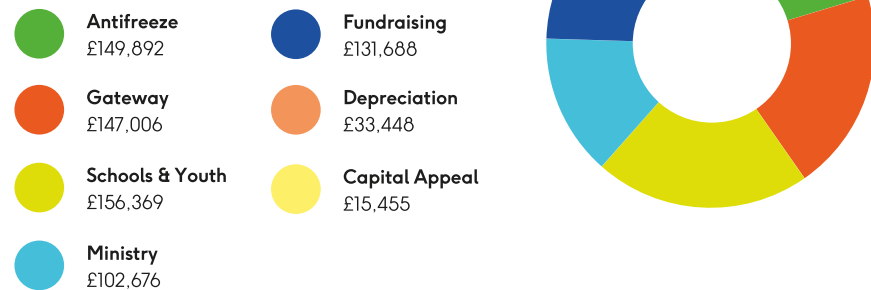
### We acknowledge with thanks all the Trusts and Foundations who have given to us so generously this year:

ALBERT HUNT TRUST • AXIS FOUNDATION • BARLEYCORN TRUST • BEER-HARRIS MEMORIAL TRUST • BENEFACT TRUST • BERNARD SUNLEY FOUNDATION • BRITISH HUMANE ASSOCIATION • BROUGHTON FAMILY CHARITABLE TRUST, THE • BROYST FOUNDATION, THE • BUDDING FOUNDATION, THE • CARD FACTORY FOUNDATION • CHURCH WELFARE ASSOCIATION • COMPASS TRAVEL TRUST • CULLUM FAMILY FOUNDATION • DE BRYE CHARITABLE TRUST • DEO GLORIA TRUST • DODGSON FOUNDATION, THE • EIG ECCLESIASTICAL • ERNEST KLEINWORT CHARITABLE TRUST • FAMILY LAING TRUSTS • FINE & COUNTRY FOUNDATION • GALLUS TRUST, THE • GARFIELD WESTON FOUNDATION • GREEN HILLS CHRISTIAN TRUST • HELIANTHUS CHARITABLE TRUST • HOMITY TRUST, THE • HOVE & PORTSLADE AID

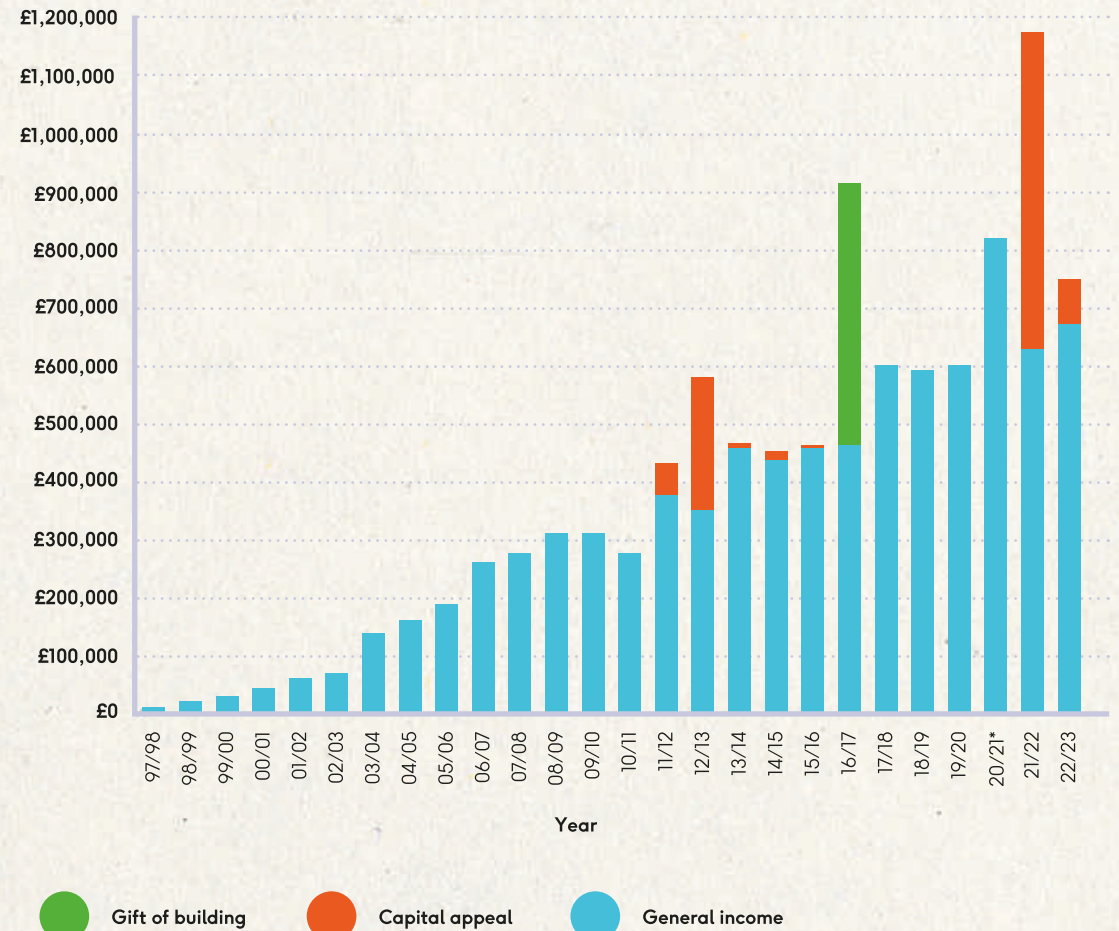
## How we raised income of £749,503 in 2022/23 (Total)



## How we spent £736,533 in 2022/23 (Total)



## Off The Fence Income 1997-2022



IN SICKNESS ASSOCIATION • IRVING MEMORIAL TRUST • JAMES WISE CHARITABLE TRUST • LILLEY BENEVOLENT TRUST, THE • LLOYDS BANK FOUNDATION • MARSH CHARITABLE TRUST • MILLFIELD TRUST  
 MRS A LACY-TATE TRUST • MRS YVONNE FLUX CHARITABLE TRUST • NATIONAL LOTTERY COMMUNITY FUND • NATIONWIDE FOUNDATION • NEIGHBOURLY FOUNDATION, THE • OPEN FOUNTAIN  
 TRUST • OSBORNE CHARITABLE TRUST • P E LENNARD WILL TRUST • PRET FOUNDATION • ROSAZ CHARITY, THE • SILVER LADY FUND, THE • ST BERNARD'S CHARITY • ST CHRISTOPHER'S TRUST • SUSSEX  
 COMMUNITY FOUNDATION • TORRS CHARITABLE TRUST, THE • TUFTON CHARITABLE TRUST, THE • WESTHILL ENDOWMENT • WORLD DAY OF PRAYER • WYN & KEN LO MEMORIAL FOUNDATION



## .. to all the businesses who have supported Off The Fence this year:

The support of Brighton & Hove businesses has been a recent success story and we are proud to say that we have the largest list of supporter businesses in our history. These relationships are built on mutual benefit and trust. Corporate goodwill can and will save lives. Together, we can demonstrate why this City is so special.

05 CREATIVE\* • 24 TIDES VIDEO PRODUCTION (24TIDES.COM) • ACUMEN LAW/ACUMEN PEOPLE • ALEXANDRE BRUCE LTD  
ANCIENT MARINER PUB, HOVE • ATOMIC CANYON • BIG BRIGHTON BUSINESS CLUB • BNI BRIGHTON ROCKS  
BREWERS DECORATOR CENTRES • BRIGHTON & HOVE SPEAKERS CLUB P/O TOASTMASTERS INTERNATIONAL  
BRIGHTON COLLEGE • BRIGHTON CHAMBER BRIGHTON FRINGE ) • CARDINAL NEWMAN SCHOOL • CELLULAR SOLUTIONS  
CHRIS KNOTT INSURANCE • COMPARIQO (RICHARD WESTGATE ) • CONNECTED BRIGHTON ( LYNDSEY CLAY)  
CONSUMER CREDIT (DAMIEN BURKE) • COUNTY BUSINESS CLUBS • CRACKNELLS OF HOVE • DAN LESSER: SEO GURU  
& BRIGHTON THRIVE • EN ARCHITECTS • FAMILY LAW PARTNERS (GEMMA HOPE) • FRANCO MANCA • G&K HEATING LTD  
GOGECKO LTD • GRAHAM MASON GRAPHIC & WEB DESIGN (GRAHAMMASON.UK) • GROUNDED EVENTS • HAIRCUTS  
FOR THE HOMELESS (LEANNE CLARKE) • HOVE SEA CADETS • INSIDESTORIES.GURU • INSPIRE YOU • INVESTMENT  
SOLUTIONS (WORTHING) • IRWIN SPARKES (THE HOOSIERS) • JIM CUNLIFFE – JAM ROLL • JON PAGET VOCALS.COM  
(JON PAGET) • JUST LOVE (SUSSEX UNIVERSITY) • KAREN DOBRES • LAWTON & DAWE • LEGAL & GENERAL • LENKA  
PAGAN (LENKAPAGAN.COM) • LEONARDO HOTEL BRIGHTON WATERFRONT (MAISIE PHILLIPS) • LEWES FC • LIVING  
ROOM HEALTH • LOCH ASSOCIATES • LOCKER PLUMBING & HEATING • MACMILLAN WEALTH • MAXWELL GRANT  
CONSULTANCY • MB-SITES.COM (MIKE BOSNOVIC) • NATIONWIDE HOVE • NOT JUST TRAVEL (ANNETTE RUSSELL)  
NUFFIELD HEALTH • OCEAN BREEZE WELLBEING (ALI BOOTH) • OCTOPUS ENERGY • PATRICK HARREX/THE BRIGHTON  
& HOVE ARTS ORCHESTRA • PLUMBASE HOVE PSYDRO • RACHEL POTTER PILATES AND MOVEMENT COACH • RAQUEL  
SELIVA – LITTLEBIGBRANDS • RECRUITER ON DEMAND (JAMES CHAPMAN) • RG WEB DESIGN (RIP GILL) • ROEDAN  
SCHOOL • RUBIX VT • SAINSBURY'S (NEW ENGLAND STREET), BRIGHTON • JAMES & SCARLETT CHAPMAN (12 YEAR  
OLD BUSKER FUNDRAISER AND VOCAL STAR) • SEED (SEED.COM) • SHOREHAM COLLEGE • SIMPLE GETAWAY  
SKERRITTS • SOCIAL BUTTERFLY PROMOTIONS • ST. CHRISTOPHERS SCHOOL • SUTTON WINSON • TD DECORATING  
& DESIGN LTD • TELEFONICA UK • THE CAXTON ARMS • THE CO – OP • THE COMPOST CLUB • THE FOCUS GROUP/THE  
FOCUS FOUNDATION • THE MERCURE HOTEL • THE MINDSET REVOLUTION • THE MOTHERLODE ( KAT BAILEY)  
THE PERIOD PROJECT • SUSSEX BEACON TRUST • ST PAUL'S CATHOLIC COLLEGE, BURGESS HILL • WAITROSE (BRIGHTON)  
WESTERN ROAD • WAITROSE (HOVE) NEVILLE ROAD • THE WOODHART GROUP • XC PHOTOGRAPHY (XAVIER CLARKE)  
YMCA BRIGHTON

## ...to the churches who have shared our vision - and supported it:

ALL SAINTS PATCHAM/ASCENSION WESTDENE • BISHOP HANNINGTON • BOLNEY CHAPEL • CITY COAST, PORTSLADE  
CLAYTON WITH KEYMER • CUCKFIELD BAPTIST • DOWNS BAPTIST • GOLDSTONE VALLEY GOSPEL HALL • HOLLAND  
ROAD BAPTIST • HOLY CROSS, HOVE • HOLY TRINITY, HURSTPIERPOINT • HOUNSOM MEMORIAL • JUBILEE CHRISTIAN  
CENTRE • PORTSLADE BAPTIST • SEAFORD BAPTIST • SHOREHAM FREE • SOUTHWICK CHRISTIAN COMMUNITY  
ST ANDREW'S, BURGESS HILL • ST AUGUSTINE'S, SCAYNES HILL • ST FRANCIS OF ASSISI, HASSOCKS • ST MARGARET'S  
ROTTINGDEAN • ST MARY'S, BALCOMBE • ST PETER'S, YORK PLACE, BRIGHTON • ST PETER'S, WEST BLATCHINGTON  
ST PETER'S, ARDINGLY • ST WULFRAN'S, Ovingdean • TADLEY URC • TELSCOMBE CLIFFS COMMUNITY CHURCH  
THE POINT • UCKFIELD BAPTIST • VITA CHURCH • ZION HILL BAPTIST

“

Gateway has helped me a lot to try and see a better future, but with me sometimes it looks bleak. That's my condition. Sometimes there's not a lot ahead for me. I know for sure I wouldn't be here if it wasn't for Gateway's help and support. I had an issue recently that lasted 3 years. Hayley (Gateway Support Worker) got me a GP appointment and gave me help that made a huge difference. I feel safe knowing the team are there at GW should I ever need help or support. I would be devastated if I lost their help and support.

**Clara: Gateway client**

