

Lighthouse

Combating Homelessness, Creating Opportunities, Promoting Change



It's goodbye and thank you to Andy Winter

And welcome to your new role David Chaffey

Lots of great money saving advice and ideas

Meet Anna Hardy, new Choir With No Name Choir Manager

Meet Ian, a very talented BHT Sussex tenant

Plus, Environment Corner, Joe's Christmas Crossword, latest housing performance figures and much more

Welcome to Lighthouse Magazine Winter Edition

It is with great pleasure that I present to you the Winter Edition of your tenant newsletter, Lighthouse. This edition is a special one, as it is the last one in which BHT Sussex Housing and Property Services will be led by David Chaffey as Director.

David's skills have been rightly spotted and he now moves up to take charge of the whole organisation as Chief Executive Officer- tenant Charlie, a frequent contributor to Lighthouse and Chair of the Tenant Scrutiny Panel, tells you of his experience on the interview panel. He is replacing Andy Winter, who leaves his post after 37 years with BHT Sussex and nearly 20 years as CEO. There's a farewell statement from Andy inside, alongside an interview I held with David on the eve of his moving onwards and upwards.

2022 has been a difficult year for all of us, and now as winter bites and the costs of living keep rising, we are all facing a difficult 2023 ahead. However, there's a great article inside by Jo Smith, BHT Sussex Tenancy Sustainment Officer, on some money saving schemes and organisations. Shirley, BHT Sussex Income Recovery Officer, shows you how BHT Sussex Income Recovery Officers are not just there to chase you for rent, but can help to manage you through the difficult financial times. Finally, there's information on where you can access groceries and other goods from local food banks.

There's all the latest Housing Services performance figures, tenant Charlie gives you a tasty Christmassy recipe, and tenant Kerry, also a member of the Tenant Scrutiny Panel, gives you her regular update on all things LGBT+.

There's all this and lots more besides in this special Christmas edition of your newsletter, and I hope you have as much fun reading it as the team have had in putting it all together.

I wish you all the happiest of Christmases, and a New Year filled with all good things!

Best regards

Alasdair

**BHT Sussex Involvement Officer
Editor of Lighthouse**



Andy Winter reflects on 37 years at BHT Sussex

After 37 years at BHT Sussex, Andy Winter is leaving the organisation to take up a very well-deserved retirement.

Andy first joined BHT as a fresh-faced youngster in 1985, and gradually worked his way through the levels of management to finally take up his current role of CEO in 2002. Here Andy reflects on his career with BHT Sussex:



Fresh faced Andy when he first joined BHT

'As you may have heard, I am due to retire in the new year after 20 years as the Chief Executive of BHT Sussex and 37 years with the organisation. I am delighted that my colleague, David Chaffey, currently our Director of Housing and Property Services, will take over as Chief Executive from the beginning of January.

Over the years I have seen a large increase in the number of homes we own and manage and have seen 83 households from the former Hastings Community Housing Association become part of BHT Sussex. We have taken on leased accommodation, including in Saltdean and at Richardson's Yard. It has been a particular pleasure to get to know many tenants.

The last few years, with the Covid-19 pandemic and now the cost-of-living crisis, have not been easy. I hope that the support you have received from our housing staff has been of help. I would like to thank publicly all members of staff for their dedication and professionalism. I have huge admiration for what they do, sometimes in challenging circumstances.

In closing, can I thank you for all your support over the years, and may I wish you health and happiness for the future.'

Kind regards
Andy Winter



David Chaffey takes on a new role as BHT Sussex CEO

Next month David Chaffey, Director of BHT Sussex Housing and Property Services, will be taking over as CEO of BHT Sussex from the retiring incumbent, Andy Winter.

He is, as you can imagine, very busy at the moment as he prepares to take charge, but he managed to find a few minutes to answer a few of my questions about his time as Director of Housing, and his hopes going forward:

Hi David. You've been with Housing Services since arriving from Affinity Sutton in early 2017. What were your impressions of BHT when you joined?

- 4, 5** Resources
- 6-10** Tenant Involvement
- 11-12** Housing Services Updates
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Interesting question. What I saw was the reason that I wanted to join BHT Sussex – an organisation close to its clients and tenants, rooted in the community and one that's open to fresh ideas.

What is your proudest achievement in your 6 years in the Housing Services team?

I think it is raising the profile of involvement, in particular, getting two of our tenants onto the Board of Management, creating and then seeing the achievements of the Scrutiny Panel, and developing tenant focus groups and tenant policy review groups.

Tell us about a memorable time during your tenure as Housing Director.

I always thoroughly enjoyed participating in the BHT Sussex in Bloom competition, particularly the prizegiving. There is nothing to beat our clients' and tenants' reactions as they showcase their gardens, and the look of pride when the awards are given out.

You are now taking the helm at BHT Sussex at a key time in their history. Briefly, what is your vision for BHT Sussex over the next 5 years?

We have a dedicated team in Housing Services and will shortly be recruiting a new Director. I am committed to us continuing to deliver the vital work that we do for all our clients and tenants, and to further invest in our homes whilst seeking to develop new homes and more services for our future clients and tenants.

What is your message to BHT Sussex tenants this Christmas?

I hope that whatever you will be doing that you get a chance to enjoy the festive season. Here's to a bright and hopeful 2023 for us all.

Thank you David, we look forward to seeing BHT Sussex prosper under your guidance over the coming years.

Front cover photo:

Christmas Market, Brighton, just next to BHT Sussex Head Office. Picture taken by tenant Charlie Green.



Money Saving Ideas from your Tenancy Sustainment Officer

Jo Smith is your BHT Sussex Tenancy Sustainment Officer, here to help you maintain your tenancy when things get difficult for you.

I asked her for some money saving ideas which could help you find your way through these difficult times, and this is what she suggested:

Help to Save is a type of savings account. It allows people entitled to certain benefits to get a bonus of 50p for every £1 they save over 4 years, and its secure as its backed by the government.

You can save between £1 and £50 each month and you don't have to pay money in every month. You can only withdraw money from your Help to Save account into your bank account. You get bonuses at the end of the second and fourth years based on how much you've saved.

Your Help to Save account will close after 4 years, but you won't be able to open another Help to Save account. You'll be able to keep the money from your account.

You can find out more on www.gov.uk/get-help-savings-low-income

Wave Credit Union

Wave Community Bank is a socially, economically and environmentally sustainable not-for-profit ethical co-operative open to anyone in East Sussex.

They offer savings, cost effective flexible loans and basic bank accounts to meet a wide range of needs. Amongst other things they offer:

- Money and debt advice
- Help with fuel bills
- Build a better business

More information can be found at info@wavecb.org.uk

Passported benefits are benefits or schemes which groups of people on certain state benefits (e.g. Universal Credit, Pension Credit, tax credits or ESA) are entitled to.

Did you know for example, that an expectant mother on certain benefits can claim a grant of £500 that doesn't have to be paid back? Or that if someone close to you passes away, you can get considerable help with funeral expenses.

You will not need to provide any proof of any other income or capital you possess, but you must advise the DWP straight away if your claim for any of the relevant state benefits ends. To find out more just follow this link: bht.org.uk/useful-info

If you are struggling with your tenancy, ask your Housing Officer to refer you to Jo Smith, your Tenancy Sustainment Officer.



Money Advice From Your Income Recovery Officer, Traci Brooks

Things have been difficult for everyone over the last year.

Here Traci Brooks, BHT Sussex Income Recovery Officer, tells you what to do if you are struggling to meet your monthly rent payments.

Rent Arrears

If you are in rent arrears don't ignore the situation, we can arrange an affordable repayment plan with you. Call Shirley Campbell on 07826868957 or Traci Brooks on 07834979019.

If you're on a low income and need money advice there are also several organisations that can help with free money, debt and benefit advice and cost of living/utility bills advice.

Food bank resources near you

Finances can often be pushed to the limit over the Christmas period, and food can often be the necessity which is hardest hit.

If this is the case for you, why not consider one of the options below as potential sources for food over the coming winter months. Please contact the relevant food banks to find opening hours and how to access the free food.

Note that Brighton & Hove City Council can offer additional support such as foodbank referrals, vouchers, and fuel/ financial assistance as well as emergency food on the day if you are hungry. Call 01273 293117.

Brighton

Brighton Food Bank, 01273 695330, www.bhcm.org.uk/teams/brighton-food-bank

Brighton and Hove City Mission, 01273 609 484, www.brightonfoodbank.org.uk

Brighton & Hove

Citizens Advice: 0808 278 7815
Money Advice Plus: 08081 963 699
Brighton Food Bank: 01273 695330

Hastings & St Leonards

Citizens Advice: 01424 869 352
HARC: 01424 428375
The Trussell Trust Food Bank: 07526 066453

Eastbourne

Money Advice Plus: 01323 635 999
Citizens Advice: 0800 144 8848
Eastbourne Food Bank: 01323 409925

East Sussex

*BHT Sussex debt advice service, 07385491271
East Sussex Macmillan Welfare Benefit Service: 01323 635989
*East Sussex Welfare Benefit Project: 0333 344 0681
*These services are not available to people living in Brighton.

National Help Lines

Step Change Debt Charity: 0800 138 1111
Age UK: 0800 678 1602
Debt Advice Foundation: 0800 622 61 51
National Debt line: 0808 808 4000

Salvation Army Hove Food Bank, 07551572205 / 01273 323072, www.salvationarmy.org.uk/hove

The Vale Community Centre Food Bank, 01273 571573, www.mylifebh.org.uk/crisis-support/the-vale-community-centre-food-bank/

Eastbourne

Eastbourne Foodbank, 01323 409925, eastbourne.foodbank.org.uk

Salvation Army, 01323 641833, N/A

Reborn Centre, 01323 417149, N/A

Hastings

Hastings Foodbank, 01424 753322, hastings.foodbank.org.uk

The Pantry, 01424 444691, etcSussex.weebly.com/the-pantry.html

Hastings Temple, 01424 443022, www.salvationarmy.org.uk/hastings-temple

Salvation Army, 01424 431488, N/A

Brighton Choir With No Name

Meet Anna, the new Choir Manager

Choir With No name are a national organisation that manage choirs and build joyful communities with homeless and marginalised people.

The Brighton choir, a BHT Sussex partner, has been running since 2018. Anna Hardy, the new Choir Manager at Brighton Choir with No Name, introduces herself and gives us an update on the choir's recent developments.

My name is Anna, and I'm the new manager for Brighton's Choir with No Name! Lovely to meet you all! Here's a little bit about me- so I live locally to Brighton, love all things singing, arts and crafts, and running around after my gorgeous (yet lively) toddler!

Having worked for the mental health charity Mind, and at St Thomas Fund (CGL) supporting adults within their recovery journey – I am really excited to bring all of these



passions together within my new Choir Manager role!

The Choir are sounding GREAT, getting into the festive spirit ahead of our upcoming Big Christmas Singalong Gig at the Dome! We are also very excited to be singing at the amazing Stanmer House, Falmer Village on Saturday 17th December. Plans are also well under way for our 2023 events calendar!

If you would like to come and join the choir in their two favourite things of singing and eating, we meet at 6pm every Monday at All Saints Church, Hove.

Contact Anna on anna@choirwithnoname.org.

LGBTQ+ Support and Advice in Brighton and Hove and East Sussex Area

Switchboard: Listen to, support and inform the LGBTQ+ Community in Brighton and Hove and beyond. Originally a helpline, they now have additional services and offer much more. www.switchboard.org.uk

The Rainbow Hub: Now located in The Ledward Centre the Hub is a local point of contact for LGBTQ+ people seeking up-to-date help, information or guidance. www.therainbowhubbrighton.com

MindOut: A Brighton based mental health service run

by and for lesbians, gay, bisexual, trans and queer people. Out of hours online support service open daily. MindOut offer advocacy services, peer support and affordable counselling. www.mindout.org.uk

Hastings and Rother Rainbow Alliance: Working to support LGBTQIA+ people in Hastings and Rother hrra.org.uk

Allsorts Youth Project: Listens to, supports and connects children and young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. www.allsortsyouth.org.uk

The Clare Project: Offers support to the transgender, non-binary, intersex and gender variant adults in East Sussex. www.clareproject.org.uk

Changing Futures



Help Improve the Quality Of Life For Adults Experiencing Multiple Disadvantages

Would you like the opportunity to be part of influencing services and systems for people experiencing multiple disadvantage/ multiple complex needs across Sussex?

Do you have lived experience of multiple complex needs/ multiple disadvantage and feel ready and able to use that experience to help change things for the better?

Changing Futures is a national three-year, £64 million programme aiming to improve outcomes for adults experiencing multiple disadvantages. It is funded by the Department of Levelling Up, Housing & Communities (DLUHC) and the National Lottery Community Fund until March 2024. Within Sussex, the Changing Futures Programme works across East Sussex, West Sussex and Brighton and Hove.

It's really important to us that people with lived experience of multiple complex needs/multiple disadvantage are central to everything we do. I'd really love to chat to you and see if you'd like to be involved in whatever way you feel able. For more information, please get in touch with me, Andree Ralph via email:

andree.ralph@westsussex.gov.uk

Or check out our website:

ChangingFuturesSussex.org

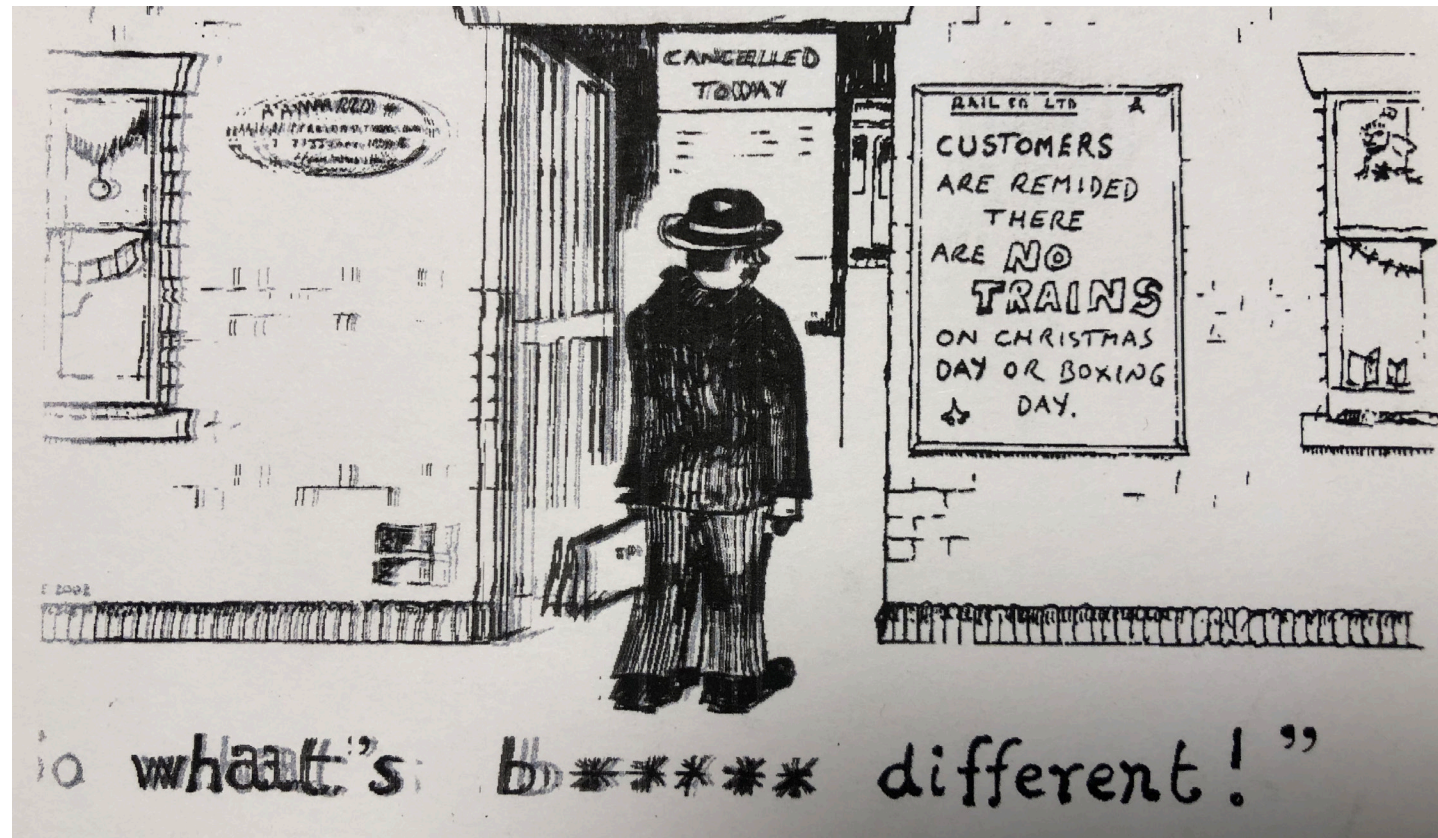
Charlie's Experience on The Interview Panel for the new BHT Sussex CEO!

Charlie Green, regular contributor to Lighthouse, and Chair of the BHT Sussex Tenant Scrutiny Panel, relates his experience of sitting on the interviews which eventually led to David Chaffey being chosen as the new CEO to replace the much respected departing postholder, Andy Winter.

When I was first told that Andy Winter was retiring my immediate thoughts were how much he will be missed and who might replace him. Then when I was asked by Andy if I would be on the tenant and service user interview panel, I was more than happy to respond.

Although I was quite nervous at the start of the interview day, it was a great experience and a chance to meet new faces. At the end of the process, I and the rest of the panel all agreed that David outshone the other candidates with his knowledge and vision of BHT Sussex.

Congratulations David, and I hope to continue being involved with you in the future.



Ian's cartoons often have a topical or political slant

Ian Fyvie: BHT Sussex Tenant With Many Talents!

In this series on talent tenants, I had a chat with Ian Fyvie, a long-time tenant with BHT Sussex, and asked him about his life, his interests, and his many talents.

This is his story...

I've always loved music. I was raised on a Surrey council estate and worked in local factories, but I played rhythm guitar and bass guitar in local bands, including an 8-piece soul and a rockabilly band. I started writing music in the mid-1960s, and my first song was inspired by my sister's hamster in a wheel! In the 1980s I was played on Radio One on the Mike Read show, with a song about the Bluebell Railway.

I discovered folk in the mid-1970s, particularly traditional folk, and have played and written folk music ever since, particularly social commentary songs. I also write about a particular passion of mine, railways. My father was a coal man at the local goods yard, and he used to take us down to watch the shunting. I used to love it then, and it's never left me.

The high point of my playing career was playing in front of 4000 at the Lyceum Ballroom in London, though my biggest solo audience was a 'Raise your Banners' concert at Sheffield Hallam university in 1996, played to 300 people.

I still run a folk club in Kemp Town, and I still play and sing unaccompanied.

I've always been active politically. I moved to Brighton in 1978, when I was offered a place at Sussex University doing Sociology. My mother was an activist for the old Liberal Party, but I joined the Labour Party and was a member for twenty years. I then switched to the Socialist Labour Party in 1995/6, standing for Brighton Council 6 times – though sadly I was never elected. I was also a regional agent for SLP European parliament elections. I gave up politics the day that Caroline Lucas was elected, as I felt that something different was happening, so it was time to step back from active politics.

I also enjoy artwork. I use pen mostly, but also colour acrylic. My themes can be anything that takes my eye really, particularly things worthy of social comment, though I do return often to my passion of railways. I have been commissioned, for example, by a friend who asked me to do artwork for a series of poems entitled 'Colac the Wizard'.

I also do battle re-enactment, particularly of Saxons vs Vikings battles – it's got me a few injuries, but I've lived to tell the tale, and they are a lot of fun!

Thank you, Ian, an interesting life indeed! If you are a BHT Sussex 'Talented Tenant', or know of one, please do let me know on a.tenquist@bht.org.uk



A Festive Recipe from Charlie!

Tenant and keen amateur cook Charlie Green gave us one of his favourite recipes for this Christmas period, Ginger-bread mince pies

Ingredients

400g mincemeat (ensure vegetarian, if needed)
50g stem ginger, finely chopped, plus 1 tbsp. For the pastry

250g plain flour, plus extra for dusting
¼ tsp ground cinnamon
½ tsp ground ginger
125g cold unsalted butter, cut into small pieces
3 tbsp. golden caster sugar, plus extra for sprinkling
1 egg, beaten
Round biscuit cutter or template
Mini gingerbread person biscuit cutter or a handmade template

Method

STEP 1

For the pastry, with your fingers, rub the flour, spices, butter and a large pinch of salt until the mix resembles fine breadcrumbs. Stir in the sugar. Add the egg and use a cutlery knife to mix everything until the ingredients start to clump together. Tip out onto a lightly floured work surface and knead briefly until you have a smooth dough. Or, pulse the ingredients together in a food processor. Shape into a disc, then wrap and chill for at least 30 mins.

STEP 2

Heat the oven to 190C/170C fan/gas 5. Mix the mincemeat with the ginger. Roll the pastry out on a lightly floured surface to a 3mm thickness. Stamp out 12 discs using an 8cm biscuit cutter and lightly press into a 12-hole cupcake tin.

STEP 3

Fill each pastry case with 1 tbsp. of the mincemeat mixture. Re-roll the pastry scraps and stamp out 12 mini gingerbread people, then place one on top of each pie. Will keep frozen for up to two months.

STEP 4

Bake for 20 mins, or 30 mins from frozen. Leave to cool in the tin for 5 mins, then lift out onto a wire rack to cool completely. Dust with icing sugar.



Lighthouse Tenant Film review: Fatman

Charlie Green, BHT Sussex tenant and regular contributor to your Lighthouse newsletter, gives you his review of a recent film, Fatman:

Fatman is a 2020 American black comedy action film written and directed by Eshom Nelms and Ian Nelms and starring Mel Gibson, Walton Goggins and Marianne Jean-Baptiste.

I accidentally watched this a few months ago, being a fan of Mel Gibson's films for many years - Lethal Weapon, Mad Max etc.

Fatman is a good Christmas movie about a kid who hires a hitman to kill Santa [aka FAT MAN} after being put on the naughty list too many times and not getting his present from Santa like the other children and, needless to say, the hired hitman has his own personal grudge with Father Christmas. Expect a lot of what Gibson films are famous for and you won't be disappointed.

BHT Housing Services:

How Well Are We Performing?

Q4 Jan–Mar 2022, Q1 Apr–Jun 2022, Q2 Jul-Aug 2022



Repairs: Routine

Response time: 28 days

Q4 100%

Q1 94%

Q2 97%

Target 95%



Repairs: Urgent

Response time: 4 to 7 days

Q4 98%

Q1 95%

Q2 93%

Target 95%



Repairs: Emergency

Response time: 24 hours

Q4 99%

Q1 100%

Q2 100%

Target 100%



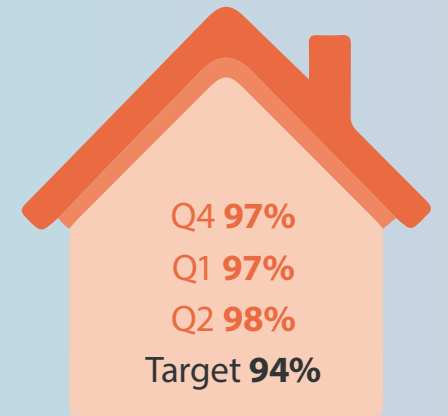
Overall Satisfaction

Q4 98%

Q1 96%

Q2 95%

Target 90%



Rent Arrears

Percentage of overall rents collected



Boiler Servicing

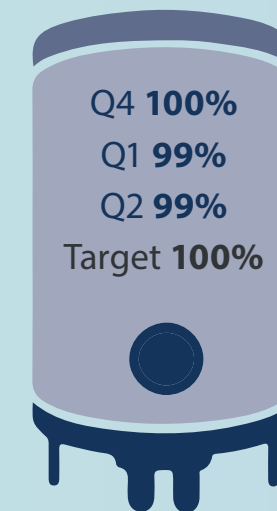
Percentage of boilers serviced yearly

Q4 100%

Q1 99%

Q2 99%

Target 100%



Letting

Days until vacated property is re-let

My Tenancy Fire Safety

Helping you manage your Interactions With BHT Sussex

BHT Sussex has an Internet-based service for all of its Housing Services tenants called MyTenancy.

This enables you to manage aspects of your tenancy online and is a quick and easy way of contacting BHT Sussex staff.

All new tenants are issued with a username and password in order to access the online MyTenancy portal shortly after the start of their tenancy. MyTenancy enables you to check the balance of your rent account, to make a rent payment, report a repair and to view and amend any personal information on that we keep about you

The website for MyTenancy can be found at www.mytenancy.co.uk. If you have any queries about MyTenancy or need assistance in accessing it, you can contact Joe Ashdown, Housing and Performance Administrator, on 01323 340018, option 2, or email him at joe.ashdown@bht.org.uk.

Home Visits Available

In the light of events such as the Grenfell Tower tragedy, fire safety is a matter of paramount importance to us all.

Often there are a number of small measures that can be made in our own homes that when put in place, can ensure that we keep ourselves and our loved ones safe.

To help with this, did you know that East Sussex Fire and Rescue Service (ESFRS) offer home safety visits where members of the fire service will visit your home and offer you some advice on making your home more fire safe? As well as this, they can in some instances also fit free smoke alarms for tenants at greater risk of fire.

ESFRS are particularly able to carry out home visits for tenants who meet any of the following criteria:

- Are 65 years of age or older
- Have a disability and/or reduced mobility
- Have a visual or hearing impairment
- Are living on their own
- Are an active smoker

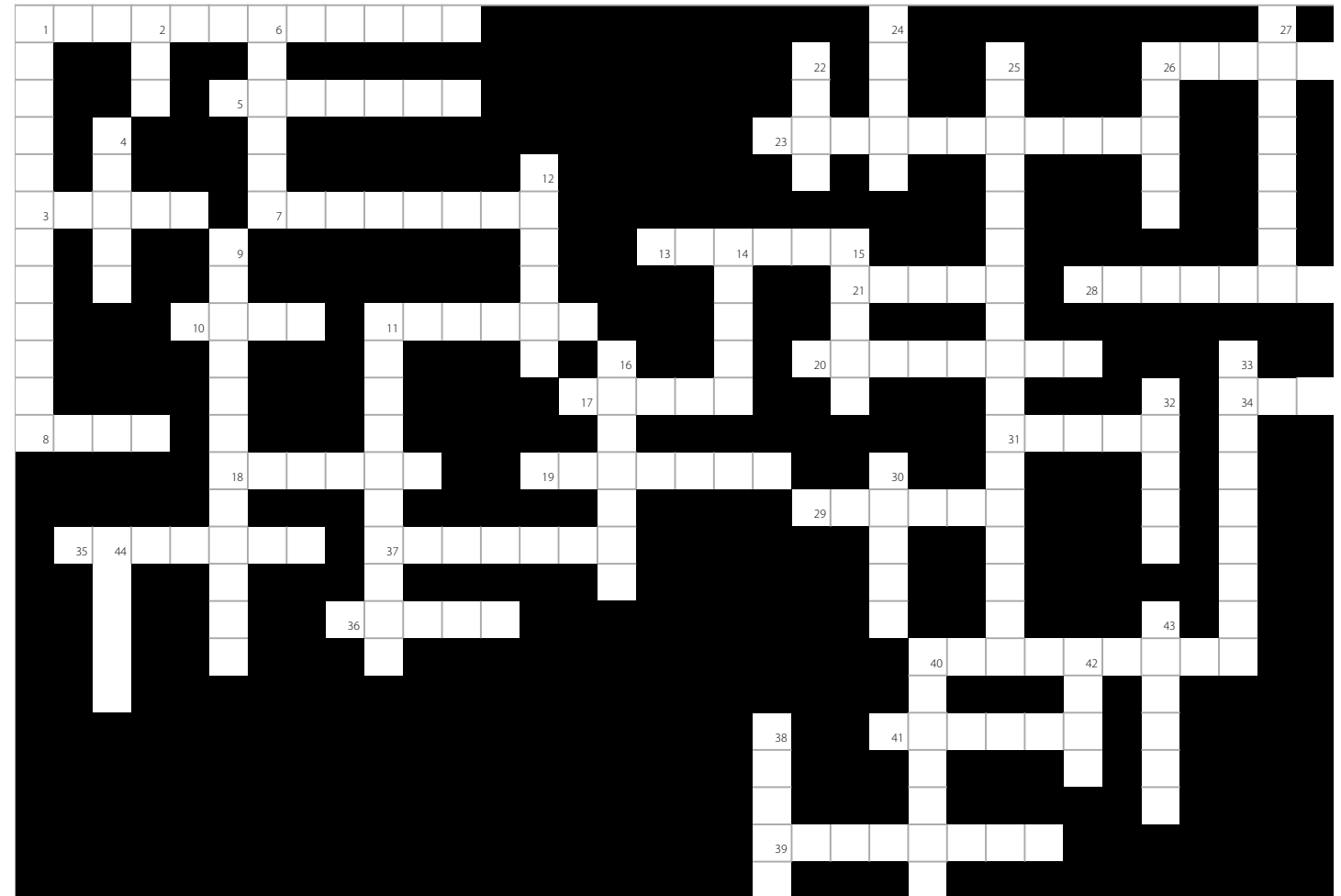
If you are interested in receiving a home safety visit, have any questions about the visits or would like to receive a visit request form, you can call ESFRS on 08001777069. Alternatively, you can request a form by emailing homefire.safetyvisits@esfrs.org or you can fill out an online home visit questionnaire on ESFRS's website via the following link – www.esfrs.org/your-safety/home-safety-visits/

After you have made contact with ESFRS, they will call you back to ask a few simple questions about your property and your living arrangements. They will then arrange a time to meet you at your property.

There is also a range of the downloadable information about fire safety available to read on ESFRS's website.

Christmas Crossword

(Answers on the back page)



Across

1. The alternative name for 25 December (9, 3)
3. Weather condition that is a mixture of rain and snow (5)
5. Sculpture made from white winter droplets (7)
7. Animal that pulls Santa's transport (8)
8. Bright object found in the night sky made of plasma (4)
10. Heavy bag that Santa delivers gifts in (4)
11. Coniferous species of tree used for Christmas trees (6)
13. Mode of transport used by Santa (6)
17. Name of the boy in Raymond Briggs' "The Snowman" (5)
18. Country that donates a Christmas tree to Trafalgar Square each year (6)
19. Rich chocolate cake eaten at Christmas (4, 3)
20. Pigs in _____, appetiser of sausages wrapped in bacon (8)
21. Salad vegetable used to flavour gravy (5)

23. Mystery exchange of gifts in a workplace before Christmas (6, 5)
26. A small portion of a loaf of bread or a cake (5)
28. Pipe on top of a roof used by Santa to enter houses (7)
29. Colourful and shiny decorative material used at Christmas (6)
31. Mythical being with magical powers found at the top of a Christmas tree (5)
34. Head adornment made of paper found in a cracker (3)
35. Wrapped gift given to loved ones at Christmas (7)
36. Roman god of love and also the name of one of Santa's reindeer (5)
37. Lamp with a transparent light used as a Christmas decoration (7)
39. Small circular dessert item eaten at Christmas (5, 3)
40. Hard edible nuts often roasted on an open fire (9)
41. Circular shiny trinket put on Christmas tree branches (6)

Down

1. Group of people who congregate to sing festive songs (5, 7)
2. Evergreen climbing shrub associated with Christmas (3)
4. Rock band who twice had Christmas number 1 with "Bohemian Rhapsody" (5)
6. Away in a _____, popular Christmas carol (6)
9. Aromatic gum resin gifted by one of the wise men on Christmas Day (12)
11. Man with a red outfit and white beard who delivers presents at Christmas (5, 5)
12. Fictional character created by Dr Seuss who reputedly stole Christmas (6)
14. The collective name for Santa's group of helpers (5)
15. Evergreen shrub with green prickly leaves and red or white berries (5)
16. Area of northern Finland near the Arctic Circle where Santa lives (7)
22. French word for Christmas and first name of Edmonds and Gallagher (4)
24. _____ Christmas, common festive greeting (5)
25. 1946 Christmas film starring James Stewart as George Bailey (3, 1, 9, 4)
26. Glam rock band led by Noddy Holder known for "Merry Xmas Everybody" (5)
27. Word based board game often played at Christmas (8)
30. Spiritual messenger with wings associated with Christmas (5)
32. Fragrant resin gifted by the third of the wise men on Christmas Day (5)
33. Group of people whose job is to tend to and rear sheep (9)
38. Ringing sound made by church bells at Christmas (5)
40. Item containing a small gift that is pulled at the Christmas dinner table (7)
42. Tall shrub decorated with ornaments and lights at Christmas (4)
43. Thick garment with long sleeves worn as an extra layer in winter for warmth (6)
44. Passerine bird with red or orange plumage seen at Christmas (5)

Environmental Corner

Free energy saving kit

Housing Officers have been busy delivering energy saving items to tenants who requested them – including draught excluders, low energy LED light bulbs and radiator foil. This is funded by a grant we received from UK Power Partners. We still have a bit of budget left for items, so if you would like to request anything contact Environmental Officer Mary at mary.stevens@bht.org.uk.



Eco entertainment for dark nights

When it's dark and cold we get outside in nature less. However we can still connect with the natural world through books, films and podcasts. Here are a few suggestions to snuggle up with on winter evenings.

Films

Avatar and Avatar 2

A paraplegic marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.

Bambi

Beautiful Disney animation following the story of a young fawn and the challenges faced surviving in the forest

Books

Many of us share our outdoor space with urban foxes – **The Hidden World of the Fox** by Adele Brand is amusing and informative in explaining foxy behaviour.

Well known wildlife presenter Chris Packham's memoir **Fingers in the Sparkle Jar** is an entertaining account of a boy, growing up in the 1970s, who didn't conform - taming a kestrel and filling his family home with wildlife.

Podcasts

BBC World Service – **30 Animals That Made Us Smarter** – amazing things humans have learnt from animals.

The casual birder – Suzy shares the joy of watching wild birds **The Casual Birder Podcast** – Nature Podcast | [Podchaser](https://www.podchaser.com/podcast/1234567890).

Or for a thought provoking, but light-hearted, podcast on the environment and sustainability check out **Sustainababble**

Reducing Christmas Waste

Christmas is a time of indulgence – but that doesn't mean we have to create lots of waste. Here are some ideas for a lower cost, lower impact set of festivities.

Decorations

Bright sparkly decorations are part of Christmas cheer. But old fashioned glitter and tinsel are full plastics and pigments that cause pollution, harming water and soil. Consider re-using sparkly waste to make shiny decorations – like re-using mince pie tins or covering cardboard shapes with foil sweet/chocolate wrappers. Plug in lights can add to your monthly bill, so if you use them don't leave them on for too long.

Gift wrapping

Save money and resources by using brown paper that you can decorate yourself, or use magazine pages or any other colourful paper. Remember sticky tape is a single-use plastic so tie parcels up with string, yarn or thread. In Japan fabric is used to wrap gifts - which can be reused or form part of a gift – for example scarves from a charity shop.



Food

Top foods thrown away at Christmas are gravy, potatoes, parsnips, carrots and sprouts – that's four of your five a day! If you can, buy loose veg rather than a large pack – it's less likely to go to waste and you'll save on packaging. Leftover sprouts, potatoes or other veg can be used to make a yummy breakfast hash – [Leftover Sprouts Bubble and Squeak Cakes](#) – [Easy Peasy Foodie](#). You can also make soups and stews with leftover meat and veg like – [Warming hearty soup with leftover turkey](#) – [BEST EVER!](#) ([cooksimply.co.uk](https://www.cooksimply.co.uk))

Helping birds in winter

In colder weather more birds come into towns and gardens where it is warmer to search for food, and watching them keeps us connected with the natural world when days are short. Birds are most active first thing in the morning as they look for food to give them energy, and late in the afternoon preparing for long nights. If you have outside space, you can help them by providing clean water and [high energy food](#) – like peanuts (not salted), fat balls, sunflower seeds, also grapes and apples that are past their best.

Contact Us

Christmas Opening Times: Please note that the BHT Sussex office will be closed from 2pm on Friday 23rd December 2022 until 9am on 3rd January 2023. During these times please use the emergency numbers below:

Head Office and General Enquiries

144 London Road
Brighton BN1 4PH
01273 645400
info@bht.org.uk

Rents and Repairs

01323 340018
rents@bht.org.uk
repairs@bht.org.uk

MyTenancy

www.mytenancy.co.uk
Report a repair or check your rent statement on-line

Housing Officers

Brighton Housing Officer:
Kiri Black 01273 645454 / 07826874849

Hastings, Eastbourne & Saltdean
Toyah Thomas
07824306591

Tenant Involvement

Alasdair Tenquist
01273 645443 / 07825 425084

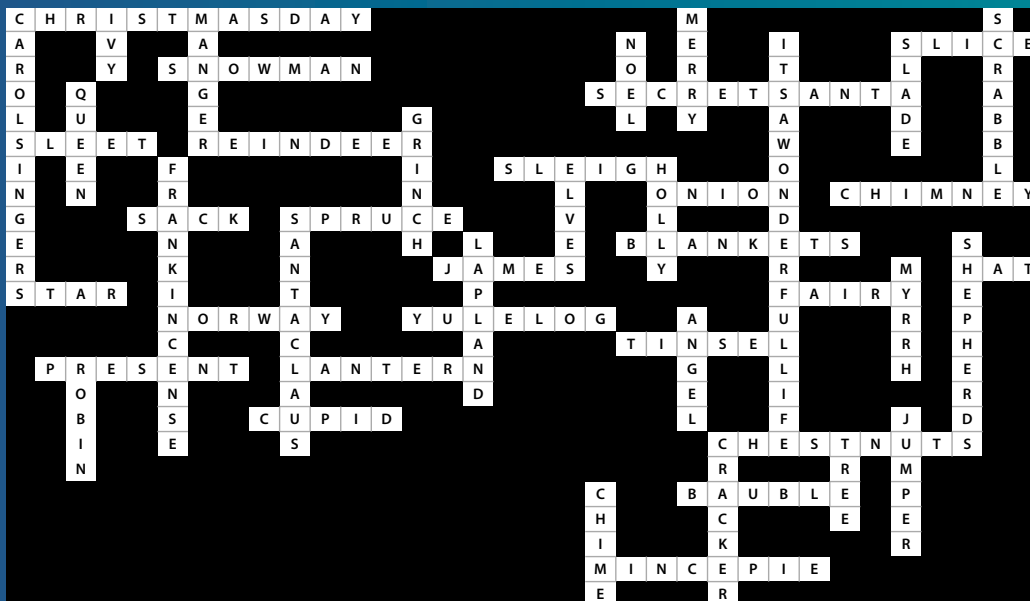
Out of Hours Emergency Repairs
Redman Howard 07493223016

Gas emergencies
0800 030 4435

Our mission: Combating homelessness; Creating opportunities; Promoting change.

Our values: Empowering People; Inspiring Change; Collaboration; Delivering Excellence; Being Accountable.

Crossword Answers



Congratulations to our prize draw winners

Congratulations to Joseph from Eastbourne who won a £20 shopping voucher in the Direct Debit quarterly prize draw simply for setting up a Direct Debit with BHT Sussex. Your Housing Officer can guide you through the process step-by-step.

Congratulations also to Luke from Brighton who won a £20 shopping voucher in the prize draw for the repairs survey. Have you had a repair carried out recently? If so, how did you find the service? We need your feedback, so fill in the survey you receive in the post and you could win a £20 shopping voucher in our quarterly prize