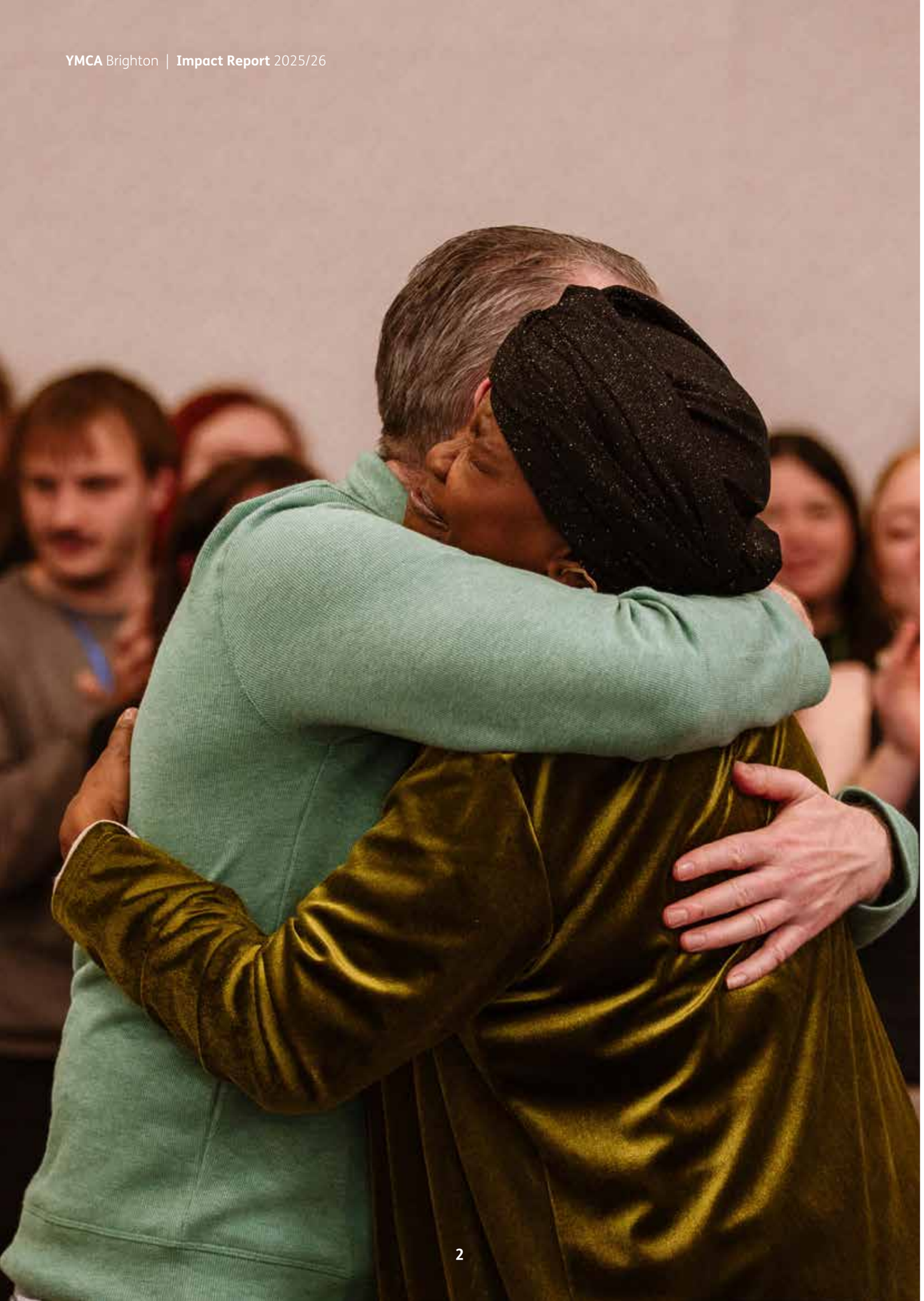
Impact Report
2025/26

YMCA BRIGHTON



ymcabrighton.co.uk

@ymca.brighton



YMCA Brighton | **Impact Report** 2025/26

Contents

Welcome and Introduction	**4**
About Us	**6**
Our Services	**7**
The Challenges : Unmet Need	**8**
Our Work This Year	**11**
Tom's Story : Finding Stability, Purpose and Independence	**12**
The Wider Impact of Our Work on Society	**14**
Financial Overview	**15**
Key Organisational Achievements in 2025/26	**16**
Looking Ahead	**17**
Thank You To Our Supporters	**18**
Contact, Connect and Support Us	**20**

Welcome and Introduction

Responding to Change, Transforming Lives

I am delighted to introduce our 2025/26 Impact Report which showcases our collective achievements to improve communities in Brighton and Hove.

This year, there was not a moment of rest as we took on new opportunities to respond to local need: we increased our delivery of accommodation for people facing multiple disadvantages, opened a Women only supported accommodation service and piloted the delivery of emergency accommodation in one of our existing housing projects. Funding for our work and learning programme was also renewed by the Office of Health Inequalities and Disparities following a successful first year. This service saw a 30% increase in positive outcomes compared to 2024/2025.

Our staff showed tremendous resilience and commitment to our mission during this period of change and I would like to express my sincerest gratitude to every single one of them.

Last but not least, I would like to thank our Trustees for the time, wisdom and support they have given throughout the year. Their belief in our work is the bedrock for the organisation to create lasting positive change in our communities.

Hélène Begg, CEO



About Us

Who we are

YMCA Brighton is a charity and registered provider of social housing. We provide 299 accommodations across Brighton and Hove, one to one tailored support to each resident, as well as access to our unique coaching service to access training and employment.

Vision & mission

We work together to create an inclusive community where everyone can belong, contribute and thrive.

Our mission is to provide the home, the community and the services that equip people to overcome barriers and achieve their aims

Our Theory of Change



YMCA Brighton | **Impact Report** 2025/26

Our Services

Supported Housing (High, Medium and Low Support)

We provide homes with onsite one to one support for people who have experienced homelessness. Our project workers deliver personalised support for people to develop skills to move to independent accommodation when they are ready to.

William Collier House
88 furnished shared flats
5 furnished self-contained studio flats

George Williams Mews
5 furnished shared houses
37 self-contained flats

Fred Emery Court
32 studio flats

Stanley Court
31 studio flats

Mental Health Supported Housing (Medium Support)

We provide a stable home for residents with mental health difficulties. We work closely with specialist mental health practitioners to support people to remain in the community.

Leslie Best House
11 one-bedroom flats

Bennett House
10 self-contained flats

Move on Accommodation (Low Support)

Residents receive up to 2 hours of support per week in our move on accommodation.

Morton Court
27 self-contained flats
2 shared houses

Phoenix House
2 shared houses

Steine House
14 self-contained flats
4 bedsits

Evolve

Our team of coaches deliver one to one coaching based on the GROW model. The service supports individuals to access training, volunteering and employment opportunities.



Leslie Best House - One of our supported housing properties

The Challenges: Unmet Need

Brighton & Hove continues to face one of the most significant housing and homelessness challenges in the South East.

Homelessness is no longer an issue affecting a small minority of residents; it is a widespread community challenge, affecting an estimated 3,580 people across the city, or **around 1 in every 77 residents**. Among those affected are approximately **1,400 children**, highlighting the profound impact that housing insecurity has on families and young people.

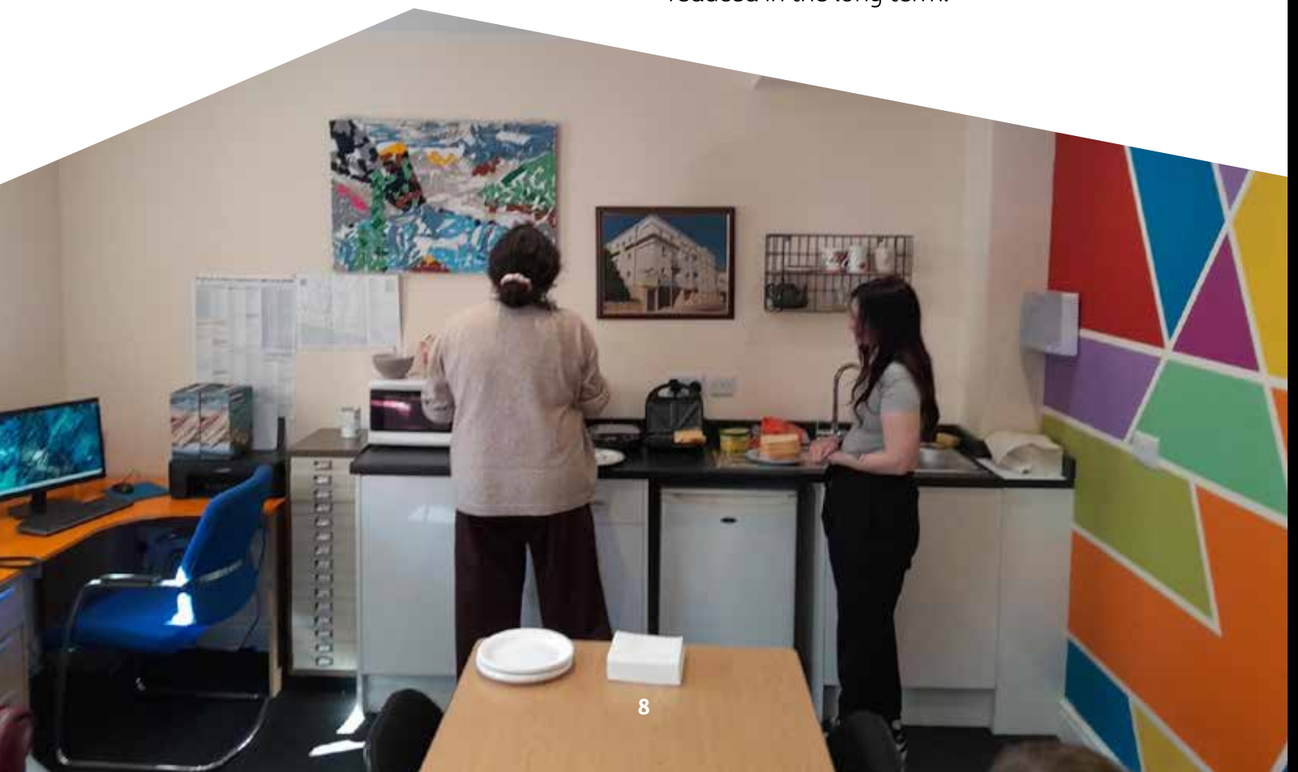
Demand for housing support continues to outstrip supply. More than 3,500 people were living in temporary accommodation in 2024. For many, temporary accommodation provides essential short-term safety, but the lack of affordable move-on options means households are often unable to secure permanent homes and remain trapped in temporary arrangements for extended periods.

Many people experiencing homelessness face complex and overlapping challenges. Local services identified **more than 700 people** who were homeless in Brighton and Hove while also experiencing multiple additional needs, including poor mental health, substance misuse, domestic abuse, trauma or involvement with the criminal justice system.

At YMCA Brighton, these challenges are apparent every day in our supported accommodation, homelessness prevention and move-on services.

Our experience mirrors the wider trends across the city: **people are presenting with increasingly complex needs, remaining homeless for longer periods, and facing greater barriers to accessing affordable housing.**

The scale of unmet housing need means that sustained investment in affordable homes, supported housing and specialist support services remains essential if homelessness is to be reduced in the long term.









Our Work This Year

Support provided

456 people engaged with our services in 2025/2026

52,884 hours of support provided

We housed **308** people across our supported housing services in 2025

148 people engaged with our one-to-one employment coaching programme

139 residents received a personal fund to cover the costs of mobile phones and tablets, clothes, kitchen utensils and transport costs

Outcomes (the difference this made)

104 people started volunteering, working or studying with our support

151 residents were supported to reconnect with family and friends

7/10 coachees reported improved well being

7/10 residents reported improved levels of empowerment

Tom's Story: Finding Stability, Purpose and Independence

When Tom arrived at YMCA Brighton, he had been homeless for around six and a half months and was struggling with alcoholism and unmanaged bipolar disorder.

Previous support had helped in the short term, but he felt unable to access the consistent, long-term help he needed.

Moving into YMCA Brighton's Stanley Court became a turning point. Within his first week, Tom had a safe and stable home, alongside compassionate, practical support from staff. His key worker helped him navigate housing and benefits and access essential services. Crucially, staff treated Tom with honesty, dignity and without judgement, giving him the reassurance and space he needed to move forward.

The stability of YMCA's support also enabled Tom to access appropriate mental health care, including a psychiatrist, an accurate diagnosis and effective medication. Over time, he developed strategies to manage his bipolar disorder, built his confidence and completed mental health and personal development courses.

For Tom, YMCA Brighton provided far more than accommodation. Tom said 'It gave me the stability, trusted relationships and practical support I needed to rebuild my health, confidence and independence, helping me get my life back".

YMCA also helped Tom rediscover a sense of purpose. His passion for stained glass became a creative outlet and a pathway towards greater wellbeing and achievement, while his experiences inspired him to mentor and support others.

After five and a half years at YMCA Brighton, Tom moved on with greater independence, qualifications, confidence and a strong understanding of how to manage his mental health and access support. He had also built lasting friendships and a genuine sense of belonging.

His glass work was displayed in a recent Artist Open House in Brighton.



YMCA Brighton | **Impact Report** 2025/26



Image: **Centre for Homelessness**

Tom says the biggest difference was that the staff never judged him. They were honest, but always with care and respect. For the first time in years, he felt genuinely supported. On bad days, they gave him the space he needed.

His key worker, Mark, was a constant source of encouragement — calm, reliable, and always there when needed. **"Call me if you need anything,"** Mark would say, and that reassurance lifted a huge weight of stress and anxiety. Tom engaged with all the support on offer because he wanted to move forward with his life.

Tom's real **"penny-drop moment"** came when he discovered the skills as a trainee stained glass artist, a creative pursuit that became a turning point. It gave him purpose, joy, and a tangible sense of achievement. This vocation remains one of the most healing parts of his life and testament to the power of being creative.

For privacy reasons, an illustrative image has been used rather than a photograph of the former resident featured in this story.

The Wider Impact of Our Work on Society

At the heart of our mission is the belief that everyone deserves a safe place to call home. But the impact of our work extends far beyond providing shelter, it ripples through families, communities, and the economy in powerful ways.

Strengthening families and rebuilding lives

When individuals are supported out of homelessness, families are often reunited, and cycles of trauma are interrupted. Children benefit from greater stability, which improves their educational outcomes and emotional wellbeing. Parents regain the ability to work, care for their families, and contribute to society.

Building safer, more cohesive communities

Our services reduce rough sleeping and associated street-level challenges, helping to create safer public spaces. By offering mental health support, addiction recovery, and employment pathways, we reduce anti-social behaviour and foster a sense of dignity and belonging among those we serve.

Reducing public costs and pressure on services

Homelessness is expensive. Studies show that supporting someone through preventative and wraparound services is significantly more cost-effective than allowing them to cycle through emergency healthcare, policing, and temporary accommodation.

- Every £1 invested in homelessness prevention can save up to £2 in public spending.
- Stable housing reduces A&E visits, hospital admissions, and interactions with the criminal justice system.

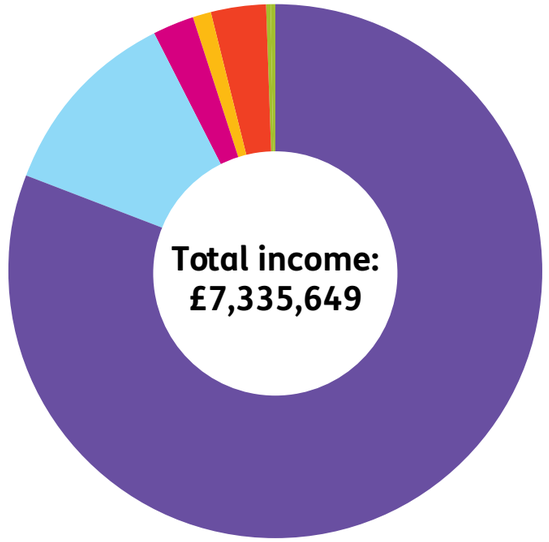
Empowering economic participation

By helping people into training, volunteering, and employment, we unlock potential that would otherwise be lost. Formerly homeless individuals become volunteers, and mentors, and taxpayers contributing to the economy and inspiring others.



Financial Overview

- Commissioned Adult Supported Accommodation contract: **£1,010,573** (13.8%)
- Commissioned Mental Health Adult Supported Accommodation contract: **£146,142** (2.0%)
- Commissioned Work and Learning contract **£121,756** (1.7%)
- Grant and Donations: **£234,064** (3.2%)
- Rent and Service Charges: **£5,772,831** (78.7%)
- Dividend Income and Interest Receivable: **£50,283** (0.7%)







Key Organisational Achievements in 2025/26

- We achieved the Investors in People Accreditation
- We strengthened our Board membership
- We developed a coproduction strategy
- We improved our regulatory compliance oversight by investing in IT as well as data management systems
- We completed year 1 of our five-year property investment plan

YMCA Brighton | **Impact Report** 2025/26

Looking Ahead

Our priorities for the year ahead include:

- Investing in our People by improving wellbeing, learning and governance
- Delivering excellent Support Services through trauma-informed practice and co-production
- Providing high-quality Homes and Housing that people can call their homes
- Building influential Partnerships that strengthen our impact



Thank You To Our Supporters

- **Our Staff & Volunteers**.
- **Our Resident Representatives and Ambassadors**.
- **Carol, Sue and Caroline** from St Peter's Church for their food donations.
- **Sikhs of Sussex** for their wonderful cooked meal donations.
- **Kennedy Street Recovery Hub** for providing personalised and group support to people who wish to address their alcohol and/or drug use.
- **Changing Chalk Project** for their Growing Roots programme.
- **The Good Gym** for the hours volunteered to spruce up our projects.
- **The Hanover Homeless Project** for their contributions to help our residents set up their homes.
- **Evoke Mind+Matter** for their generous donations of toiletry bags.
- **The Food Bank** (Stanley Road) for providing our residents with food parcels.
- **Stuart Radley** for completing surveying work on a pro bono basis.
- **Brighton Buses Community Fund** for free travel tickets for our clients.
- **Justlife** for facilitating regular meetups, including the Homelessness and Rough Sleepers Network.
- **Fareshare** for coordinating the delivery of healthy food to our residents at William Collier House and George Williams Mews.
- **The Queen's Road branch of Greggs** for their donation of food.
- **The North Road branch of Gail's Bakery** for their donation of bread and pastries.
- **Knight Support** for their help with clothes, kitchen equipment and electrical goods for our residents.
- **The Homeless Health Inclusion Team** for supporting our residents to manage their health conditions.
- **Arch HealthCare** for their excellent partnership working and ongoing support.
- **The CGL Outreach Team** for supporting some of our residents to access treatment and prescribing services.
- **Jamie at CA** for chairing weekly meetings in our projects.
- **The Brighton Dome** for their incredible support, allowing us to have information tables and tickets.
- **Cake Box (George Street)** for their food donations.
- **New Note Orchestra** for their extraordinary support and music sessions.
- **Brighton Mosque** for providing our services with prayer mats and Qurans.
- **Cascade Creative Recovery** for the Christmas choir shows provided for our residents.
- **Changing Futures** for always seeking creative solutions to engage residents and for upskilling our staff.
- **Lush Brighton** for kind donations to residents and support at our events.
- **Wickes** for their donation of a new kitchen to one of our projects.
- **Brighton & Hove Soirée Rotary Club** for their invaluable support and generosity.
- **Co-op Brighton** for donations, collection baskets and continued support.
- **Pilgrim Pizzas** for treating our residents to delicious pizzas.
- **Eduardo Benfatti of Wolf Pack Videos** for his incredible support and talent with filming.
- **Everyone who provided their services free of charge** for our 'Raise the Roof event'.
- **Hills Electric** for their generous donation of a large TV to one of our projects.
- **Waitrose** for their donation as part of their Community Matters initiative.
- **Social Bite** for your invaluable donation and support.
- **Incredible high-profile supporters** including Jeremy Cunningham, Sue Perkins, Zoe Lyons and Robin Ince.
- **Everyone involved in our first Artist Open House** including Dion Salvador Lloyd, Jane Jukes Zach Pinsent, Cass Art, Dupont Art Club, Starling Arts, the Lighthouse, David Lloyd Gym, Emmaus and The Postman.
- **Churchill Square** for all your support.
- **Brighton Table Tennis Club** in recognition of their generous donation of table tennis equipment.





YMCA BRIGHTON

Contact us:

generalenquiries@brightonymca.co.uk

01273 220900

www.ymcabrighton.co.uk

YMCA Brighton Head Office
Steine House, 55 Old Steine,
Brighton, BN1 1NX

Connect with us:

ymcabrightonuk

ymca-brighton

@ymca.brighton

Support us:

Every donation makes a meaningful difference in the lives of the people we serve. Please use the QR codes below or click the links to support us.

Scan me!
This one for our **Room Sponsor** page!

Registered Company No: 02329407 | Charity No: 800987

Youth Work | **Health & Wellbeing** | **Housing** | **Training & Education** | **Support & Advice**