



Learning to make a difference 2

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Foreword

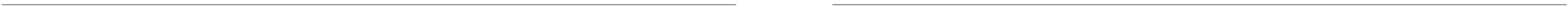
Professor Julian Crampton

COMMUNITY KNOWLEDGE EXCHANGE

Community Research and Evaluation Gateway
The Grow Project
Hastings Fishing community:
co-design and collaboration in r

Mary Darking and Carl Walker
Matt Adams and Jo Wren

COMMUNITY KNOWLEDGE EXCHANGE



Shifting the odds

Boingboing is a community interest company that uses resilience research and practice to support people from disadvantaged backgrounds. They also provide opportunities to learn resilience techniques through forums, workshops and online materials. Kim Aumann, i guoins 42.519SO gs /T1_3 1 Tf -0.02ortunities we

Having always worked in the third sector, it's clear to me that the cards don't get dealt fairly. Too many people experience social exclusion and have little access to the opportunities we should all enjoy.

So when, back in 2004, I heard that Professor Angie Hart and colleagues were exploring the notion of resilience, my ears pricked up. At the time I was managing Amaze, a support charity for parents of disabled children, and was eager

to see if resilience research could translate into practice for families to use in regular everyday ways.

What mushroomed from this beginning was a whole community of researchers, academics, practitioners, parents, commissioners, young people and onlookers, all trying to blend participatory research and practice development to build the resilience of those having a tough time.

and were able to start two exciting projects involving students from the university.

RECYCLING AND RESEARCH

The first project centred on recycling unwanted clothes and other goods from the university's halls of residence at the end of the academic year.

The university's environmental group worked together with Emmaus and were able to recycle some 750 bags of clothes and 80 beds from an old accommodation building. Emmaus managed to reuse, recycle and sell most of the items to further support their community.

The second project involved research into the social side of life in the community and was conducted by one of our MA students – Bruno De

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The Nightstop model is simple – those who have a spare room are trained to act as hosts to homeless young people, offering them an evening meal, bed and breakfast. The young people are homeless sometimes through a temporary breakdown of relationships with parents, and sometimes through a combination of circumstances that leaves them with nowhere to sleep for the night.

A good friend told me about the scheme, which she'd heard about when trying to find accommodation for her son's friend, who was sofa-surfing at the time. There was no such provision in Sussex, she said, so would I like to help set some up?

The hosts are a whole bunch of different folk – some younger, some older, some with children of their own – but all are incredibly positive about their experience and have great stories to tell.

My favourite is about a young woman who, having already used Nightstop before, arrived on the doorstep of a couple hosting for the first time. They were apprehensive about

risen to 769. A 900% increase over four years isn't bad going!

Of course, the ongoing challenges are the obvious ones. We need to continue to recruit and train more hosts to provide more bed nights for more young people across more of Sussex... and we need more money to do that. But my experience is that, generally speaking, people's hearts are open and the enthusiasm of hosts is contagious. And now I feel like I can make a difference too.

If you're interested in volunteering for Sussex Nightstop, please visit www.sussexnightstop.org.uk.



A 900% increase over four years isn't bad going!

STUDENTS IN THE COMMUNITY

Emmaus Brighton & Hove is a homelessness charity based in Portslade and part of an international movement to tackle poverty and homelessness. As part of my masters in Community Psychology, I worked with the Companions (residents in Emmaus' accommodation) to explore the sense of community that the charity provides.

I found out about the organisation through Cupp and spent some preliminary time there to get a feel for it. This was my first real-life experience as an interviewer and I was concerned

of strength to one another. A solid sense of community is as important to help people overcome homelessness as more obvious factors such as access to housing, economic stability and facilitating control of substance abuse. Emmaus gives the Companions a place to live and an opportunity to work and gain skills through its social enterprises.

- sheltered housing facilities
- a podiatry clinic
- mother and baby services
- a prison
- an inter-generational dementia project.

University research has identified role-emerging placements as significant in helping students to develop their professional identity

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