



‘Gary’, from the series *My Emmaus* © Lyndsey Haskell

“Emmaus is my home. I’ve been here for 7 years now and I’m not going anywhere. I like being here, I really enjoy the work and you couldn’t wish for better people, staff and companions. When I first got into Emmaus I was welcomed with open arms by everyone. Like paradise really, a shower, food and a bed when you needed them.” Gary



‘Brian’, from the series *My Emmaus* © Lyndsey Haskell

“I first came to Emmaus 4 ½ years ago after living on a bench on Brighton seafront. I honestly believe it saved my life. I stayed for 8 months then moved on when I got my own flat. I was there for a while but the money I earned from my job just wasn’t enough for rent, bills and food. It was impossible to make ends meet. I reapplied for Emmaus and thankfully I was allowed back.” Brian



‘David’, from the series *My Emmaus* © Lyndsey Haskell

As well as offering peer support through the community members, we also have an on-site support worker, David, who works one-to-one with companions, assessing their needs, offering counselling and supporting them in areas such as health, fitness, smoking, drugs and relationships.

“Giving support at Emmaus is not just a job to me, it’s essential for us to survive as a community and it gives me immense pride every single day. I love being a part of this community.” David



'Russell', from the series *My Emmaus* © Lyndsey Haskell

At Emmaus Brighton & Hove we often put on events to engage with the wider community of Portslade and beyond. Our open day in June is always popular; with music, a BBQ, a huge sale and lots of other activities ensuring that companions, staff, volunteers and members of the public all have a fantastic time. This year, companion Russell helped keep everyone entertained with his repertoire of impressive card tricks.

On Saturday 3rd December we'll be holding our next big event - a festive Christmas Fair.