



# Newsflash

September 2021

## Rural Recovery Support



**ESRA is working closely with CGL and other partner organisations to expand our recovery support services to rural East Sussex. We are planning outreach activities in Uckfield, Hailsham, Peacehaven, Newhaven and Rye.**

Our aim is to make our services more accessible throughout the county, and to meet the needs of the people who live there. Our attention is currently on providing counselling, befriending and transport services.

### **Needs and challenges**

There are many people in the outlying areas who are prepared to attend support groups and other support services, but they are unable to because of lack of transport. There are also people who are socially isolated and would benefit from regular contact with people in their community.

Contact [kanna@esrauk.org](mailto:kanna@esrauk.org) if you would like to discuss the needs of the recovery community in these areas.

# Mark O'Sullivan



It is with huge sadness that we can confirm the death of Mark O'Sullivan on Sunday 29<sup>th</sup> August.

Mark ran the kitchen at the Hastings Hub for nearly three years. His breakfasts were legendary and he was a friend to everyone.

We will miss Mark and we will always remember him.

## Café North Update

Café North is serving food and offering support on Mondays through to Thursdays from 9:30am to 2:30pm.

SMART recovery groups are running as usual, along with some newer offerings, including therapeutic art, reiki and creative writing.

Other ongoing activities include fishing, yoga, counselling by referral, cookery and a wellbeing course.

It is essential to book in advance for these groups and activities.

Here is the full schedule for both hubs:

<https://www.esrauk.org/activities>

## ESRA Updates

Welcome Carl Scott



Carl is our new Alcohol Support Worker. He will soon be working with the Conquest Hospital to identify and signpost patients with alcohol-related problems.

He will ensure that everyone who wants to engage with him will have a detailed plan to support their recovery by the time they leave hospital.

Carl will also be working with CGL to ensure that GPs know what alcohol support services are available.

Our thanks go to Sussex Community Foundation for funding this role as a pilot project.

### Hastings Lions

Our thanks go to Hastings Lions for their contribution towards our fishing group in Hastings.

### National Recovery Month

This year the theme is "Recovery is for Everyone, Every Person, Every Family, Every Community".

It is exactly these values that underpin everything that we do at ESRA. We celebrate and acknowledge the positive changes that can be achieved by people who work hard to live free from addiction.