



# Newsflash

November 2020

## ESRA Open for Support



**Appropriately distanced Recovery Group at Café North. Photo by Dave.**

ESRA continues to support those who need it, with Hastings and Eastbourne staying open for face to face support groups, but by appointment only.

Anyone wishing to attend ESRA in person for any reason must call ahead and book a place. This is because numbers must be limited to 15 people at either hub, and that includes staff.

Hastings has been able to offer some food during lockdown, however the kitchen in Eastbourne is closed due to some ongoing issues with the building. Once these are resolved and the current restrictions end, we will be looking to finally reopen Café North for food.

We know how important face to face contact is and ESRA will continue to do this as long as the current restrictions allow, and as long it is safe to do so.

# ESRA Bridges the Gap

ESRA is still accepting referrals for Care Around Treatment (CAT).

ESRA's CAT service prepares new clients for rehab, encourages them while they are there, and helps them re-integrate into their community afterwards.



Senior Support Workers Ally and Dave are part of a panel at STAR that meets regularly to discuss suitability of clients for treatment. They discuss the needs of individual clients and they help select the appropriate rehab for each person.

## **Staying the course**

Ally and Dave keep in touch with clients while they are in rehab. They help the client through the inevitable difficult times which so often end with an early discharge. Helping clients stay the course will improve their chances in recovery.

Once rehab has been completed, Ally and Dave mentor the clients and tell them about support groups and activities. This usually starts with them coming to ESRA, and might later include volunteering and further education.

## **A new kind of support**

In the past, most clients have been unsupported from the time that they are referred to rehab until they find their own way into a support structure after they are discharged. ESRA's CAT service bridges that gap.

Dave has recently partnered with The Forward Trust and he is now preparing, encouraging and mentoring people in their recovery before and after their release from HMP Lewes.

## **ESRA Updates**

### **Zoom Support**

There are 12 people regularly attending our online support groups 3 times a week.

Zoom groups are on Mondays and Fridays at 10:30am, and on Wednesdays at 07:00pm.

### **Groups for carers**

Emma is leading these well-attended weekly groups on Mondays in Eastbourne at 1:30pm and on Tuesdays in Hastings at 10:30am

### **Partnerships**

Dave from ESRA and Georgie from Oasis (Women's Recovery) are jointly supporting clients and Georgie is using Café North on Fridays for one to ones.

Dave has also been attending some multi agency meetings to better support clients.

### **SMART Recovery**

Jason, Emma and Dani have all completed SMART Recovery facilitator training.

We are looking forward offering SMART groups when lockdown ends and when all our facilitators have been trained.

### **Referrals**

ESRA had had 74 referrals in 6 weeks (excl CAT referrals). This is more than the whole of last year. Due to this unprecedented demand, we are only receiving CAT referrals until further notice.