



# Supporting Recovery in Eastbourne & Hastings

August 2020

## Revamped and refreshed



**Karlie Allaway and Dave Toller in the new reception area at Café North (Pic by Jason Carter)**

Café North has been cleared, tidied, cleaned and painted in anticipation of a return to face to face services, when the time is right. Volunteers Jason Carter and Danny Hughes stepped up and did all the hard work.

Exactly when we re-open our recovery hubs in Eastbourne and Hastings depends entirely on our ability to keep our staff, volunteers and clients safe. In the meantime, we will monitor the Covid situation and we will comply with Government regulations.

### **Signs, screens and sanitiser**

Both recovery hubs have already been modified with signs, screens and sanitiser so that we don't waste any time welcoming clients back to ESRA. Funding from Sussex Partnership has covered these costs.

When we do re-open, it will be a reduced service with a limited number of clients. One person will be allowed at each table and there will be a one-way system around both hubs. There will be perspex screens at reception, and strict social distancing will be observed.

# WRAP is Back!

Despite crazy heat and dodgy internet connections, the 6-week WRAP course is now being run online. Participants receive the info packs by post and attend 2-hour interactive Zoom sessions with breaks in between.

WRAP stands for Wellness in Recovery Action Planning. It is about building resilience in recovery by better understanding our own triggers and responses. The emphasis is on self-care, and there has never been a better time to encourage people to prioritise their own wellbeing.

WRAP training is being provided by Molly and Lucy at Coastal Wellbeing and has been funded by MIND.

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## Become a trustee and make a difference

We are looking for trustees to support ESRA beyond the challenges of lockdown. Trustees meet once a month. They have a role in determining strategy and they are responsible for making sure that ESRA does what it was set up to do.

Being a trustee will give you valuable leadership experience and will enable you to really make a difference to the recovery community in East Sussex.

If this sounds like you, or someone that you know, then please contact ESRA CEO Jacqui Skilton on 01424 435318.

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## Staying connected in lockdown

**161**

Clients contacted

**994**

Calls made

**152**

Activity packs delivered

**42**

Referrals to partner orgs