



Supporting Recovery in Eastbourne & Hastings

March 2020

ESRA welcomes Local MP



Sally-Ann Hart MP met with ESRA trustees, staff and peers at the Hastings hub.

MP for Hastings and Rye, Sally-Ann Hart, met with ESRA trustees, staff and peers at the Hastings Recovery Hub. She talked to people having breakfast in our Recovery café and clearly understood the importance of having community-based recovery resources in East Sussex.

This is what she had to say about ESRA on her Facebook page after the visit:

“Spent yesterday morning at East Sussex Recovery Action, supporting their excellent work in addiction recovery. ESRA takes a comprehensive approach to recovery by offering support to clients as they get healthier. We are so blessed to have such a great organisation here in Hastings!”

Hub Manager Alison Bissett said Sally-Ann clearly had a good grasp of the issues, and she was delighted to see that she wanted to spend time talking to our clients.

ESRA CEO, Jacqui Skilton, said she felt reassured that Sally-Ann appreciated the funding challenges facing charities like ours.

We enjoyed hosting Sally-Ann at ESRA and we appreciate her support.

All change as ESRA closes

In a scenario that none of us could have imagined a few weeks ago, ESRA has closed its doors to clients until further notice. Staff have pulled together to work around this sudden change and to support vulnerable clients who are isolating at home in the midst of Covid-19 concerns.

Daily welfare calls

Staff are calling clients every day to check in and to see how they are doing. The challenges of being at home, and the uncertainty of what comes next, has been extremely difficult for everyone. Clients have said that they are pleased to be receiving regular calls from ESRA.

Safeguarding

Some clients are not coping well, and safeguarding measures are actively being put in place to ensure that they are safe and that they get specialist support.

As our offering changes from an in-person to an online service, ESRA safeguarding policies and practices are being updated. This is to make sure that all online or remote activities are done safely and competently.

Referrals are still being accepted, and assessments and inductions are being done on the phone.

Daily team meetings

Each day ESRA staff have been meeting 'face to face' online to provide updates and to prioritise tasks and activities for the following day.

While client wellbeing is the main priority in the coming days and weeks, the wellbeing of staff is essential in order to continue supporting others. ESRA management continues to look out for staff and to make sure the right support is in place at all times.

Daily updates!

Daily updates on essential services, wellbeing info and free online activities can be found on our new website.

Activities are being collected and collated with the '5 ways to wellness' in mind because it has been shown to improve mental health and wellbeing.

Website

www.esrauk.org

Facebook

ESRA Recovery Hubs

Contact us

ESRA can still be contacted by phone on 01424 435318 only.

This number can be used by clients from Hastings and Eastbourne.

Opening hours are 9:30am to 3:30pm as usual.



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF