



Newsflash

February 2022

Lottery Lifeline for Hastings



A looming funding crisis at ESRA's Hastings Hub has been avoided thanks to a £280 000 award over three years from the National Lottery. This will cover core costs, including a new support worker and increased capacity to meet the recovery support needs in the outlying areas of East Sussex. Our immediate plans are to provide more support groups, including one in Bexhill.

This generous award allows us to continue to support vulnerable and often marginalised people on a bumpy recovery journey, sometimes with relapses along the way. This requires support that is tailored to each individual. ESRA has an excellent track record of providing compassionate and non-judgemental tailored support that is rooted in lived experience.

The ESRA team is excited about continuing to help people who are experiencing addiction to establish and maintain a robust recovery. Our thanks go to the National Lottery for making this possible.



Hastings Happenings

In further good funding news, a recent grant from Sussex Community Foundation will pay for yoga, reiki and gym access for our Hastings clients.

All of these activities were previously paid for by CGL's ABCD Fund and they have made a real difference to the mental health and wellbeing of our clients. This was the first time that many of them had the opportunity to try these activities, and in most cases the benefits were immediate.

The new grant will also pay for more WRAP courses. WRAP stands for Wellness in Recovery Action Planning and it helps people in recovery to build a toolkit of support. The aim is to increase resilience and to better understand triggers and responses.

We appreciate the support from Sussex Community Foundation in making these important activities available to the recovery community.



Café North welcomes Jordan

Jordan is the new café supervisor in Eastbourne. She is enthusiastic about cooking fabulous food with inexpensive ingredients, and she is looking forward to teaching clients and volunteers how to cook up a storm at Café North.

Jordan has previously worked in community gardening and will be growing herbs and vegetables at Café North.

If you would like to join Jordan as a volunteer in the Café North cafe, then please pop in and have a chat or contact her on jordan@esrauk.org.

Fishing in recovery



Thanks to CGL's ABCD Fund, ESRA clients have had access to volunteer-lead fishing groups for almost a year.

The group meets in once a week in Hastings and in Eastbourne.

Clients have benefitted from learning something new, getting out more, and meeting people with similar interests.

Fresh and Frozen Crabs in Eastbourne provide bait free of charge.

Interested? Contact us on info@esrauk.org.