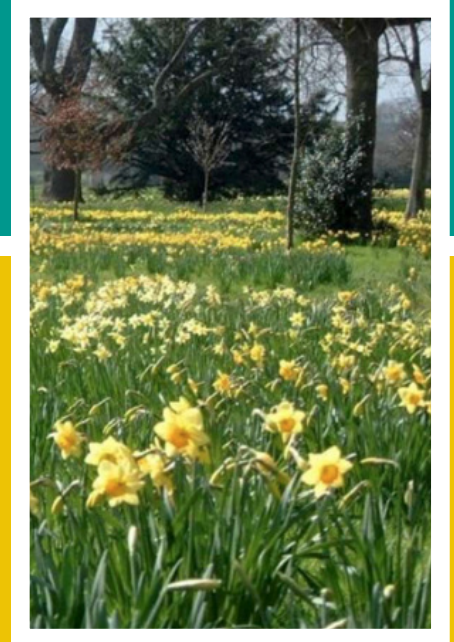




Step into Spring... *It is known that connecting with nature is beneficial to your personal well-being. We're lucky to have some amazing spaces within East Sussex to explore and enjoy and as we come into spring it is a fantastic opportunity to try and get out and about more. We will be going out to our local parks and beaches why not come along and walk with us.*



Changes at ESRA

It is with regret that we are announcing that from 1st June ESRA will no longer be offering a service from Café North. CGL will be making changes to how Café North will be used from that time, and will be sharing details of that in due course. ESRA will continue to work with Eastbourne clients over the coming weeks to offer recovery support.

ESRA's Hastings hub will continue its' work unchanged and we are arranging for Eastbourne clients to visit the hub having secured funding to offer money towards travel expenses. Hastings staff will offer telephone support and an online SMART group after café north shuts but we will not be taking any referrals from anyone who is unable to travel to Hastings at this present time.

ESRA will continue to seek further funding to offer support to clients in the rest of the county.

We have a planned celebration of recovery in Eastbourne on Thursday 25th May. All of our clients and partners are welcome to join us. Please contact Jacqui on 01323 724212 if you would like to attend. We would like to thank everyone who has partnered with and been part of ESRA's journey in Eastbourne.

Client Experience at ESRA

Since coming to ESRA and accessing the support, they have been really helping me in my recovery journey. I'm just grateful to be able to come to here and feel supported and normal. ESRA makes me feel safe. AMS

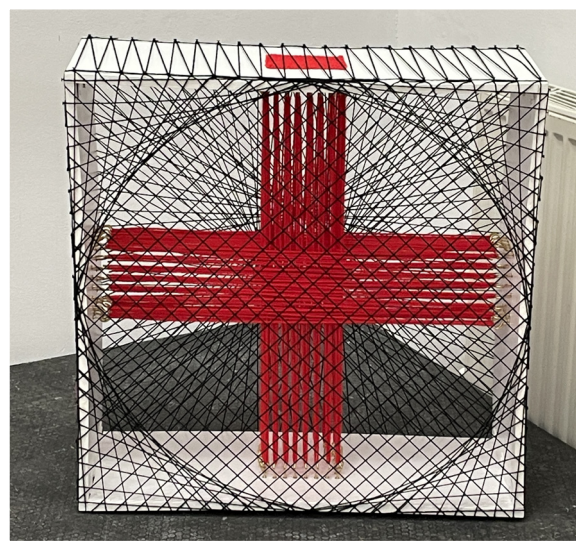


Spring Cleaning

It was so nice to get back out in the beautiful sunshine after so many months indoors and soak up some much needed vitamin D whilst we swept the beaches of Hastings clean of litter with some of our ESRA clients last month.

Everyone said how much they enjoyed the morning and how much satisfaction they got from collecting so many bags of rubbish that would otherwise have been left to rot on our beaches or worse still, been a hazard to so much of our native wildlife and pollution in our sea.

Find us: ESRA, 5 Harold Place, Hastings TN34 1JA
tel: 01424 435318 email: info@esra.org



HIM Exhibition Visit

ESRA clients had an enjoyable afternoon visiting the 'HIM' art exhibition at His Place last month. It showcased an exciting and diverse range of work, as well as several pieces from four of our ESRA clients including Dave Wright, who has been co-facilitating the art project funded and run by Creativity On Sea, aiming to engage and support men coping with mental health issues and challenges.

Client Experience at ESRA

SMART has been a worthwhile and very useful course, I have reinforced my recovery utilising some of the therapies.

As a way to talk honestly in the company of other addicts, in itself is a good practise for me. JK



ESRA Staff Well-Being

Here at ESRA we know that looking after our clients is really important but it's equally as important to look after our staff. With that in mind, ESRA organised a well-being day for all staff who enjoyed a mindfulness walk, yoga session and some much needed pampering that included a hand massage, reflexology and facial massage. Everyone had an enjoyable and relaxing time and felt refreshed and revitalised for another day at ESRA.

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Mindful Baking at ESRA

The Mindful Bakers course started on the 5th of April and the 1st course will run for 6 weeks. The funding for this course has come from MIND and is particularly focussed around supporting Mens Mental Health. A number of ESRA clients expressed that they would really like to do some sort of baking but don't always feel confident doing this alongside women. Together with Debbie our Recovery hub Chef, they have produced an array of breads from around the world; breads including naan from India, fougasse from France and a brown soda tin loaf from Ireland. Feedback from the Mindful Bakers has been positive and they are thoroughly enjoying the sessions



Activities at ESRA

It has been very busy at the Hastings hub over the last few weeks. Clients have been attending lots of courses and activities both at ESRA and at East Sussex College. What's in your Stress Container proved a very popular course designed to help people manage stress and anxiety and develop coping strategies. We've also been supporting our mental health with individual Reiki sessions for clients, as well as Yoga to help relax and de-stress.

Our Creative Well-being Project has come to an end. The group have produced some really lovely group pieces over the last 6 months at Eastbourne and Hastings.

Four clients completed the Basic ICT Skills course at ESC last month which has really helped to build confidence and develop IT skills. We are also running two further courses in June, The Strength in You and Can Anyone be Confident to assist clients struggling with low self-esteem and anxiety issues.



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