



Get outside this Summer with ESRA

ESRA August Summer Timetable

Wednesday 9th: Nature well-being morning

Wednesday 16th: Shipwreck museum visit

Wednesday 23rd: Beach clean and swim

Wednesday 30th: Picnic and walk in Alexandra Park

ESRA is a small charity based in Hastings town centre. We help people in East Sussex to live free from addiction and follow an abstinence based recovery programme. Substance misuse and alcohol issues can affect anyone at any time in their life.

Since September 2018 we have supported 670 people and over the last year alone we have helped 94 individuals maintain their recovery.

We offer a safe space to meet, which is alcohol and drug free with a café at the heart of the ESRA hub offering low-cost refreshments and lunches. It's a great space to get peer support. We work with people, empowering them through our SMART recovery programme and groups to maintain their recovery and move forward.

ESRA also provides a range of groups, activities and courses which can help clients stay motivated. Courses on offer include art, creative writing, music, mindfulness, reiki, yoga, baking, college courses, free gym passes and much more.

If you would like to refer a client to us, please use our online referral form which is on our website.

<https://esrauk.org/referrals/>



If you would like to help ESRA to continue to offer a range of activities to support our clients or you would like to sponsor a billboard poster as part of our Coastal Currents creative project in September just scan the QR code.

Please follow us on Facebook: <https://www.facebook.com/esrarecovery/>
or on Instagram <https://www.instagram.com/esra54642/>



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

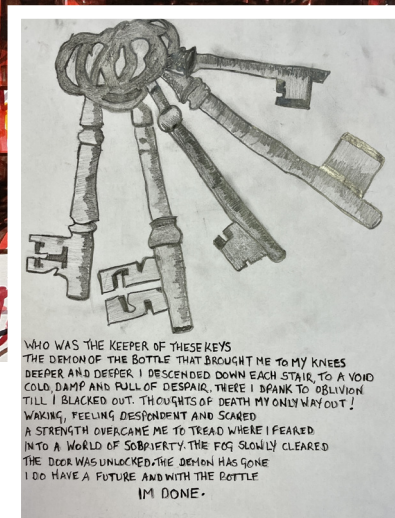
Coastal Currents

When you walk through Hastings town centre throughout September, you will hopefully begin to realise that you're in an outdoor gallery space. An exhibition of work by ESRA clients, called 'Words on Art and Art on Words', will be on show in town centre bus stops, as part of Coastal Currents (Hastings annual Arts festival).

Clients from Hastings and Eastbourne have been writing and making art in response to the work of artists and writers. The course included visits to the Towner Gallery in Eastbourne, Farleys Gallery and Sculpture Garden in Chiddingfold, and Hastings Museum and Art Gallery. In the workshops, we read poetry and prose to inspire our individual work.

The group are organising their exhibition, selecting and developing pieces to show, and raising funds to have their work printed on to posters, which will be on bus stop billboards in September.

If you would like to Sponsor a poster please use the QR code on the front of this Newsletter.



SAVE THE DATE!

Recovery Event 27th September

To celebrate Recovery month, ESRA will be hosting a Recovery Event on Wednesday 27th September.

Get ready for a day filled with inspiration, support, and positive vibes! As you can appreciate, our work is challenging. We are always learning and willing to share that learning with others. Come along on the 27th and see how we can work together to support each other with clients who are in recovery. We know there is a huge need for services like ours, so we are always ambitious to support more people, especially collaborating with others.

Whether you're on a personal journey of recovery or simply want to learn more, this event is perfect for you.

Our in-person gathering will provide a safe space for individuals to share their stories, connect with others, and find encouragement.

Throughout the day, we have planned a variety of activities to empower those on their recovery path. From motivational stories of clients to meeting other organisations, you'll gain valuable insights and tools to aid towards a healthier and happier life.

Our location at 5 Harold Place offers a welcoming atmosphere, allowing you to relax with a cup of tea and a piece of cake. So, mark your calendars and don't miss out on this great opportunity to connect, grow, and celebrate recovery with us!

If you would like to come and see what we offer or to find out more, please call ESRA on 01424 435318 or come along to our recovery event on the 27th September between 10.00am - 1.00pm.

Please book via Eventbrite <https://www.eventbrite.co.uk/o/east-sussex-recovery-alliance-69280078423>

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Feedback on ESRA Survey

100% of those asked in their exit questionnaire reported that ESRA had helped them maintain their recovery. They also reported that ESRA has supported them with their mental health, sorting out their benefits, budgeting and helping to identify further volunteering opportunities and education.

This is what our clients have said about our therapeutic groups:

- *Stops isolation and helps with pain and mental health.*
- *Yoga really helps my mental health as well as physical.*
- *Enables me to relax and focus in a positive way.*
- *Only 1 session so far but made me realise that I need to take some time out for myself.*

We asked clients how ESRA had supported their recovery, here is some of the feedback we received:

- *I've been sober now for 14 months but it's been the hardest battle of my life and I know that I could not have done it without ESRA's support.*
- *By providing activities for me to take part in which gave me confidence and strength, something to look forward to every week and a new social group that I can relate to.*
- *Meeting others in recovery, attending different group activities, the camaraderie of the service and friendly staff. ESRA saved my life.*
- *Provided great support and guidance throughout. Introduced SMART tools. Given a sense of group/peer support*
- *Provided great opportunities and structure, all of which has helped me gain more confidence and self-belief and made me realise there is more to life than alcohol. I would be lost and certainly still drinking without ESRA's support.*
- *It has really helped talking to people at ESRA. They have supported me and helped me access medical care and other outside organisations to help with my recovery.*
- *I wouldn't have survived without ESRA, helps to support us as vulnerable people and we can support each other.*
- *If it wasn't for ESRA and their amazing team who have gone above and beyond to help me get where I am which is a million times better than when I first attended, I can't thank you all enough.*

In Memory of Mark

Mark had been coming to ESRA since 2020 and had used the service on and off during that time. Mark's life was far from easy and speaking to him extremely complicated in many ways but a kinder man you couldn't hope to meet. He was supported by the team at ESRA in different ways and with different things but in his own way was so supportive of us, his perseverance, determination, and strength had an impact on many of us at ESRA and he made some fantastic lifelong friends and he was just a good laugh with a great sense of humour.

It never gets any easier to lose someone and the team have been very saddened by Mark's Death. He will be greatly missed by everyone at ESRA.



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