



East Sussex Recovery Alliance *Newsletter 2022*

We would like to wish all of our clients, volunteers and partners a very Merry Christmas and a Happy New Year. This week both hubs have had Christmas dinner for clients, volunteers and staff, with all the trimmings followed by chocolate Bingo!

ESRA has received additional funding from Lloyds for the next two years and once again Sussex Community Foundation has come to the rescue with funding to support the Hastings hub. This additional funding is essential to keep ESRA going over the next three years whilst we look for further funding opportunities.

We have been extremely busy over the last few months looking at new ways to offer more groups and activities for our clients. To achieve this, we have had some new people join us at the Hastings Hub and Cafe North... come and meet some of the ESRA team....



Our Management Team

Jacqui: CEO

I have worked for ESRA for 7 years. I cover both hubs supporting the teams when needed. I work closely with lots of other organisations, forming strong partnerships to promote ESRA in the community. Together with Hastings Hub Manager Alison, we write future funding bids to ensure ESRA keeps providing a service for all of our clients.



Alison: Project Manager/Hub Manager

I started my role at ESRA in 2018. In my previous roles I have worked with vulnerable adults and vulnerable children for most of my working life always within the statutory sector in London and latterly in East Sussex. I manage the day to day running of the Recovery hub, including room bookings, health and safety and a range of activities that are offered to support those in recovery. I offer support to volunteers to ensure the effective delivery of our services and activities. I am responsible alongside the CEO for sourcing funding for the Hastings Hub and we have had a number of successes in this area. I really enjoy working in the Charity Sector and feel we offer a very important service to our clients.



Karlie: Eastbourne Hub Manager

I started at ESRA in June 2019 as Community Development Worker, going on to become Eastbourne Hub Manager in 2020. I'm never bored at ESRA and love working as part of a small, friendly team. My own past experiences of navigating life's challenges in tough circumstances, and having close relatives in addiction means I'm passionate about people's potential and making sure no-one is written off from getting their life back on track. I'm committed to doing my bit through ESRA, offering people the tools to manage their recovery and connect with others for mutual recovery support.



Jo: Group and Activities Coordinator

My name is Jo and I have been working as Kitchen Supervisor and Group Facilitator at ESRA for two years. I have just started in my new role as Group and Activities Coordinator which involves facilitating SMART groups and empowering clients with the SMART tools to aid their recovery. Another part of my role involves devising activities, courses and well-being sessions and actively encouraging clients to try new things as part of their recovery journey in the community.



Debbie: Recovery Hub Cook

I am the hub chef. I live locally, from Nottingham originally. Having spent many years supporting people in London and the South East, I moved back to my native home city in 2006 and had a change of career. I am a qualified Pastry Chef and Baker and studied food science, nutrition and artisan food production at UCB Birmingham and Trent University Nottingham. As a self-confessed foodie and people person, seeing people eat well and enjoy their food makes me happy.



Stacy: Admin and Receptionist

I am the first person you will see and I will always make you feel welcome at ESRA, greeting you with a friendly smile to help you feel at ease. Having lived experience with addiction, my recovery journey started four years ago at ESRA as a service user. I then became a volunteer and am now a member of staff. I was told I would never work again by my GP but have been working here for the past two years. ESRA has helped me and now I feel it's my time to give back. Being in Recovery I have learnt a lot about myself that I never knew before, I like being organised, creative and have learnt to knit.



Ally: Senior Support Worker

I am the first point of contact for new people who have self-referred or been referred by other organisations. Our approach is person centred. I initially access individuals to establish their recovery and support needs, determining whether ESRA would be effective and helpful or whether signposting to another agency may be more suitable for them. I oversee their progress and support with challenges faced by of our clients as they go through the ESRA recovery journey. I co-facilitate SMART groups and also provide one to ones when needed. It's a great place to work because the care factor from all the staff is very high. If we can help to make people smile, we do.





Hastings Hub

Clients, staff and volunteers have been involved in 3 beach cleans. Fresh air, community spirit, and a tangible difference to our local beach, has been quite inspirational and after having to really persuade the group to take part initially, people were really keen to do more.. a positive activity we'll keep on doing weather permitting.

Hastings offered a full timetable of activities this autumn, some of these were new and some will be a welcome return at the request of our clients. Music and Jamming, Creative Well-Being, Reiki and Yoga are all part of our therapeutic timetable and are offered throughout the week.

SMART and Recovery groups are offered three times a week to help support people's recovery journeys and 1:1 support is offered with our Senior Support Worker. Clients are also able to get support and advice for housing, benefits, health and volunteering with our

ESRA connectors or partners.

If you would like to find out more,
please contact us 01424 435318 or info@esrauk.org

Eastbourne Hub

New staff join the Eastbourne Team!

ESRA's Eastbourne hub has made some exciting changes to the staff team.

Mandy Pauley has joined as Reception and Admin Assistant, providing a friendly and welcoming first point of contact for everyone visiting the hub.

Emma Jones has come back to work for ESRA as Groups & Volunteer Supervisor. Emma will be developing the activities timetable, overseeing our recovery groups and looking after our volunteers. Sonya Moorton has also joined us as Support Worker. Sonya brings with her valuable lived experience from her own recovery journey.

Carl: Senior Support Worker

I love my job and how hands-on it is. Helping clients is something that I am very passionate about. The way to achieve your own success is to be willing to help somebody else find it first. My role consists of assessing all clients that come into ESRA and allocating their induction to the support worker.

I like to make sure all clients that come through the door feel as comfortable as possible because it can be a very anxious experience when someone makes that first step to access support, they need to see a nice smile and welcoming face, helping the client to feel at ease and comfortable enough to share their personal life with me.



Steve: Cook at Café North

I started at Café North in October. My role is to cook fresh food daily to enhance our clients' visits. I like to make them feel welcome and relaxed and ensure the food offered is suitable by checking any dietary requirements. The enjoyment is empty plates and satisfied clients who look forward to a return visit. I also enjoy the interaction with clients and feel this is rewarding part of my work.



Emma: Group and Volunteer Supervisor Café North, soon to be our new ABCD worker in January

I am the Groups & Volunteers supervisor for ESRA at Café North in Eastbourne. It is my job to help train the volunteers and find roles for them within Café North. I also work with the clients planning group and activity programmes for the café. I have worked previously for ESRA and keep coming back because it's an organisation that really makes sure it's staff and clients are respected and made to feel valued. I have worked in lots of roles in family support, mental health and substance misuse and having had my own struggles in life, like being able to help others to find their way through theirs.



Mandy: Admin and Receptionist Café North

I am the smiling face at the reception desk at Café North. I'm in charge of signing everyone in and out of the Café and keeping the paperwork filed neatly and securely. You can sometimes find me in the kitchen baking a cake on a Monday. I have had many jobs in my life from working in a solicitors to The Four Seasons Hotel Spa in Canada. Everyone has struggles at different points in their life and I have had a fair share of my own. Coming to work at ESRA has been something I have always wanted to do and being that friendly face to welcome everyone in is a real privilege.



Sonya: Support Worker

I started working for ESRA in September and I am very passionate about helping others. No day is the same and I deal with clients from all types of backgrounds. Following an assessment, I book the client in for their induction. Once the induction form has been filled in, we can look at what groups would be of benefit to each individual. It has been so rewarding to see how far people have come since their first day and to see how much they have learned from using The Smart Tools and SMART groups. All staff give 100% support to clients and each other, we are all here to not only do our jobs but because we care.



Eastbourne Hub

Café North has made some exciting changes to the staff team in recent months. Mandy Pauley has joined as Reception and Admin Assistant, providing a friendly and welcoming first point of contact for everyone visiting the hub.

Emma Jones has come back to ESRA as Groups & Volunteer Supervisor. Emma has been developing the activities timetable, overseeing our recovery groups, and looking after our expanding team of volunteers.

Sonya Moorton has joined us as Support Worker, inducting anyone new to ESRA and helping those finishing treatment at STAR to connect with Café North to continue their recovery. Sonya brings with her valuable lived experience from her own recovery journey.

Carl Scott has recently returned as Senior Support Worker and he will be supporting newly referred clients through initial assessments, one to one appointments, and their introduction to SMART groups.

To complete the team, Steve Svensen started in October as cook, and has provided the very welcome return of a full menu at Café North. It's great to have hot lunches, sausage rolls, cakes and scones on the menu again and for volunteers to be able to help Steve in the serving area and with some of the cooking.



**Wishing everybody a very Merry Christmas and a happy and healthy
New Year from all of us at East Sussex Recovery Alliance**