

"I moved to Hastings after I'd been to rehab for alcohol and heroin dependency in 2010. I was clean but didn't have any support after rehab so consequently I relapsed after 6 months. I was really isolated and didn't know anyone so I started drinking quite heavily again and didn't know what to do".

Client Story

I tried AA and completed 11 of the steps but realised it wasn't for me but I stayed clean for a while. Even though I wasn't drinking it wasn't a good quality of life as I was still very isolated which really got to me so I lapsed back into drinking again and before I knew it I was drinking a bottle of vodka a day.

I got to the point where I was physically swollen and yellow and my liver was not good. The Dr said I only had 2-3 years if I carried on as I was which really scared me.

"I stopped drinking but the reasons I'd started in the first place were still there. I approached ESRA after a friend from an AA meeting suggested I come along for support. I wasn't drinking at this point but I realised I needed to be around people who were struggling with similar issues that I could relate to".

"I was an absolute mess. ESRA gave me insight into different routes of recovery and the SMART groups really changed my way of thinking. SMART has been massive in changing my outlook towards myself and the world around me".

I still go through phases when I isolate myself but I'm learning to recognise that I enjoy my own company sometimes. I'm much more mindful and I've learnt to check in with myself to make sure I'm okay. I'll get up and go out for a walk or engage in activities at ESRA to keep connected with people. Mindfulness has changed my outlook on life dramatically.



"I'm feeling very happy and I'm in a good place right now. I'm unleashing my creativity in a positive way and am hoping to teach oriental calligraphy at the college and other recovery organisations. This has given me a new direction as well as a sense of purpose. It has built my confidence and self-esteem and I want to channel my creativity into helping others with their recovery journey".