



RECOVERY MONTH 2023

AT



RECOVERY IS FOR EVERYONE:
*Every Person, Every Family,
Every Community.*

Recovery Month reminds
people in recovery and those
who support them, that
recovery belongs to all of us.



ESRA hosted a fabulous Recovery Event on the 27th of September at our Recovery Hub to coincide with Recovery Month. Recovery Month increases awareness and understanding of mental health and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. ESRA celebrated individuals living lives in recovery and recognised our dedicated workers who provide the prevention and recovery support services that help make recovery possible.

27 organisations and partners attended including OneYou, Crisis Team, CGL, Emerging Futures, Care for the Carers, Southdown's, NA, Possibility People, Right Path, who had the opportunity to network and speak to ESRA clients and people in Recovery.

There were several therapeutic activities that people could participate in, including Hand Massage by a Touch of Gentleness, Yoga from our Yoga Master Sam, and Creative Art, delivered by Sue Warren. This was not only fun but also demonstrated the importance of encouraging people to engage in physical and mental wellbeing activities alongside standard recovery tools to support their recovery pathways. The café was a hive of activity and homemade cakes and drinks were available throughout the event.

One of the highlights of the day was clients telling their recovery stories to professionals. Some of the clients are quite a way into their recovery journeys and others are at the beginning. The feedback from professionals was both humbling, inspiring, and uplifting. The crisis team said *“M and S were amazing, both sharing their moving recovery journeys. I learnt a lot about how you work with people”*

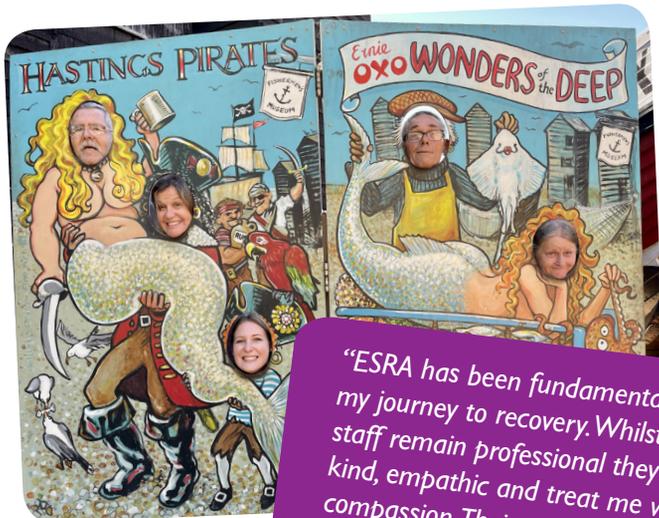


“To enter an organisation for the first time and to be “meeted and greeted” in such a welcoming manner, really blew me away. I was welcomed in by the receptionist who had battled herself with addiction. It was so inspirational to hear her story and to see her “nailing it” within a professional capacity. That alone, speaks volumes in relation to the success criteria of an organisation.”

“The event opened my eyes to the links you have with people in recovery and seeking behaviour change. I was really blown away by what ESRA, as an organisation, provide for the community and I am really excited by the opportunity to work collaboratively with you.”



Summer Fun with



"ESRA has been fundamental in my journey to recovery. Whilst the staff remain professional they are kind, empathic and treat me with compassion. Their support is vital to my continued recovery and they are passionate in the work they do."

ESRA got out and about over the summer to help support client's recovery and wellbeing.

We visited the Shipwreck museum, had a beach clean and dip in the sea, a picnic in the park and a fabulous wellbeing morning on the beach discovering the local wildlife at Glyne Gap together with some recuperating mindfulness sessions. Everyone had a great time and really enjoyed being outside in the beautiful weather.



"ESRA has helped me get my life back together, supported me through the rough times, making me believe in myself and wanting to live again. I am so very grateful for all their help. I've put the hard work in but ESRA has been my rock."

If you would like to help ESRA to continue to offer a range of activities to support our clients just scan the QR code.

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



Wellbeing at ESRA

Staff and volunteers at ESRA had great fun getting out in the sunshine and learning new Bushcraft skills on a team building day in September.

We learned many new skills including how to make fire from basic materials, build camps out of the natural resources around us, create stretchers with sticks and old jackets, and even managed to make rafts from old barrels before we all ended up in the river!

A big thank you to Marc, Bernard and the team at ESVH for putting on such an actioned packed, fun day that we all thoroughly enjoyed.

If any of our clients would like to learn new skills and have fun on the next Bushcraft day please contact Jo at jo@esrauk.org



In Memory of Richard

It was with great sadness that ESRA, together with ESVH said our goodbyes to Richard at an extremely moving service with full honours for this gentle, kind veteran and friend to many on the 13th September.

Stand Easy Richard - Your Duty is Done

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

