

EAST SUSSEX RECOVERY ALLIANCE

Supporting people to live a substance-free lifestyle



A New Beginning...

As East Sussex Recovery Alliance embarks on a new chapter following our move from the hub, we are delighted to share the positive progress we've made. Our new drop-in group is proving to be a great success, with our first walk-in attendee from last week already engaging with our SMART Recovery group. On a regular basis, we are seeing between 13 to 15 clients attending, alongside professionals who are supporting the group.

Our partnership with the Hastings Community Hub continues to thrive, with both organisations benefiting from the collaboration. To better serve our community, we've created new materials, including discreet business cards with a QR code. These cards can be easily picked up by anyone seeking support in maintaining a substance-free lifestyle.

At ESRA, we are acutely aware that stigma, cultural barriers, and feelings of shame can prevent individuals from seeking help. With this in mind, we are committed to connecting with local organisations to extend our reach, creating inclusive partnerships with ethnic, cultural, and diverse communities across Hastings. In line with this, we've reshaped our services into an outreach model, now providing recovery support at Central Hall and the Hastings Community Information Hub.

Become a Trustee for ESRA

As we navigate new challenges, particularly with ESCC budget reductions for recovery services in East Sussex over



the coming year, charities like ESRA will face increased demand for their services. In response, we recognise the importance of strengthening and revitalising our Board of Trustees.

We welcome applications from individuals with professional, community, or lived experience who can contribute to our mission. We are especially keen to hear from members of ethnic minority communities, who are currently underrepresented on our Board, and who can offer valuable insights into effective work in diverse social and religious contexts.

If you are interested in making a difference and supporting our vital work, we would love to hear from you.



Your Journey, Your Recovery, **Our Support**

Drop-in to ESRA

Our new drop-in groups at ESRA have become a vital and transformative support network for individuals in recovery. Designed to offer a safe and welcoming space, these groups have quickly gained momentum, making a real difference in the lives of many.

ESRA's drop-in sessions provide a non-judgmental environment where individuals can seek guidance, share experiences, and build meaningful connections. Whether facing challenges with addiction, finances, or reintegration into the community, people find a place of understanding and encouragement. The groups are open to anyone looking for support, making them accessible to those at various stages of recovery.

One of the key strengths of the drop-in is flexibility. There is no obligation to

attend regularly, allowing individuals to engage at their own pace. This approach has fostered a sense of empowerment, helping participants take ownership of their recovery journey. The welcoming atmosphere has also led to increased attendance, with many returning week after week to benefit from peer support and professional guidance. There are also activities on offer including a popular monthly quiz, crafting and hand massage to name a few.

In addition to emotional and social support, the drop-in groups offer practical assistance. Many attendees have received help with managing finances, navigating life admin, and accessing volunteering or training opportunities. This holistic approach ensures that individuals are not just supported in their recovery but also in rebuilding their lives.



Feedback from participants has been overwhelmingly positive, with many expressing gratitude for the sense of community and encouragement they have found. The success of the drop-in groups in such a short time highlights the importance of accessible, community-driven recovery services. ESRA continues to grow and evolve, proving that with the right support, positive change is possible for everyone.

If you or someone you know could benefit from ESRA's drop-in groups, don't hesitate to reach out. Together, we can build a brighter future, free from stigma and full of possibility.



WRAP@ESRA

Recently, several clients at East Sussex Recovery Alliance took part in a transformative 6-week WRAP (Wellness Recovery Action Plan) course, designed to support individuals in their recovery journey. WRAP is a widely respected tool that empowers people to take control of their mental health and wellbeing, providing them with strategies to stay well, manage stress, and avoid relapse.

Throughout the course, participants learned how to develop personalised recovery plans, identifying triggers, early warning signs, and effective coping mechanisms. The interactive sessions encouraged a sense of community and mutual support, with

individuals sharing experiences, discussing challenges, and celebrating progress together.

The course is facilitated by trained professionals who create a safe and welcoming environment for open discussion. It is an invaluable resource for anyone navigating mental health recovery, offering practical skills and fostering resilience. The completion of the WRAP course marks a significant milestone for participants, helping them build confidence and regain control of their lives.

At East Sussex Recovery Alliance, this course is just one of the many ways we provide ongoing support, ensuring that individuals are equipped with the tools they need for sustained recovery.

“Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Any time we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

– Parker J Palmer

Post Crisis Plan Reflections:

The cards we chose to check in: being thankful; seeking balance; learning; travelling lightly; stretching horizons; standing in uncertainty; sharing the load; asking for help; receiving; searching for meaning; noticing beauty; allowing stillness; listening intently; growing in wisdom; yearning for freedom; finding connection; developing insight; recognising possibilities; lasting the distance



Client Feedback

Following guidance from Lloyd's consultant, Mike Kaye, on demonstrating the impact of our work, ESRA developed a questionnaire to gather feedback from all the clients we have supported over the past six months.

We divided the names in our database amongst the team, ensuring each client was contacted individually, either by phone or in person. This also gave us the opportunity to reconnect with people after our move from the hub and the Christmas break.

The feedback we received was overwhelmingly positive, emphasising the vital role ESRA plays in clients' recovery journeys. It highlighted not only the structured support we offer but also the strong sense of community, practical assistance, and safe, understanding environment we provide.

Many clients feel that ESRA's services are essential to their recovery, with the majority rating their experience as highly positive. Peer support, the dedication of our staff, and the practical help we offer continue to be the most valued aspects of our work.

We will use this valuable feedback to shape and enhance our ongoing support, ensuring that ESRA remains an essential part of the recovery process for those who need it.



Scan the QR code for more information or contact us
01424 435318 info@esrauk.org

*Alternatively visit us at our drop-in, 10.30-12pm
Wednesdays at the Community Information Hub,
Town Hall, Queens Road, Hastings*