



EAST SUSSEX RECOVERY ALLIANCE

Supporting people to live a substance-free lifestyle



AGM & Christmas Lunch at The Veterans' Hub Café

This December, ESRA held our Annual General Meeting followed by a Christmas lunch for our clients at The Veterans' Hub Café in Hastings.

The AGM provided an opportunity to look back on ESRA's achievements over the past 12 months. We discussed the projects that have made a difference to our clients, the challenges we have faced, and our aims for the year ahead. It was also a chance for people to ask questions, offer ideas, and hear from those involved in running and supporting ESRA.

After the meeting, everyone came together for a Christmas lunch kindly hosted by The Veterans' Hub Café. The meal was enjoyed by clients, staff and trustees. It was good to see people connecting, supporting one another, and taking time to relax during what can be a difficult time of year for many - reminding us once again how vital community is to recovery.

We would like to give a sincere thank you to all our funders, whose support helps us continue our work. Thank you also to our trustees for their ongoing guidance; to our partners for working alongside us throughout the year; and to our hardworking staff, who show such commitment to the people we support. Most importantly, we want to thank our clients, whose courage and honesty shape everything we do.

Your support means a great deal to us, and we look forward to the year ahead.



A Big Thank You To Hastings Round Table At Christmas



This December, ESRA received a generous funding donation from the Hastings Round Table. Thanks to their support, ESRA clients will be able to enjoy a full Christmas dinner hosted at The Veteran's Hub in Hastings. For many, this gathering is more than just a festive meal - it is an opportunity to connect with others, feel part of a community, and experience a sense of warmth and belonging during the festive season.

Christmas can be a difficult time for many people, and this meal will give our clients a chance to enjoy good food and company in a warm and welcoming place.

The Hastings Round Table has a long tradition of supporting local causes, and their kindness this year continues that legacy. The donation was gratefully received by Jacqui Skilton, ESRA's CEO, who passed on her thanks on behalf of everyone at the charity.

We would like to offer a sincere thank you to the Hastings Round Table for their generosity and for helping make this Christmas a little brighter for the people we support.

ESRA in Partnership with Glow Baby

Mission Statement for Glow Together: Parent Recovery Support

Glow Together is a new project that exists to provide parents and carers in recovery with a safe, family-friendly space where they can find real support, build connection, and access guidance without judgment. Our mission is to nurture the wellbeing of both parent and child by offering a welcoming environment that encourages healing, strengthens resilience, and promotes positive relationships. We believe recovery grows through community, compassion, and consistent support - and we are committed to creating a place where families can shine, together.

Come and join us at our pilot group, Wednesday 28th January 10-11.30am at the Glow Baby Play Centre Chestnut Meadow, Bexhill. TN39 5JG



GLOW TOGETHER WITH
GLOW
BABY



GLOW
TOGETHER:
Parent Recovery Support Group

Real support for parents in recovery from addiction, in a family friendly space.

In partnership with ESRA: East Sussex Recovery Alliance. Join us for a play session and support group.

Pilot Group | Wednesday 28th January |
10am-11:30am | Glow Baby Play Centre



Our New ESRA Recovery Programme

At ESRA, recovery is something we do with people, not for them. This belief shaped the development of our new pilot recovery group — a programme co-produced alongside clients with lived experience. The pilot is not only helping us design a more meaningful and relevant group, but has also shown the power of involving clients in shaping their own recovery journey.

Each week of the pilot includes opportunities for clients to give feedback — both during the session and afterwards. Their reflections have directly influenced what the programme includes, how it is delivered, and how we support people through the 10–11 weeks.

We are now coming into week five

Feedback includes:

- *The questions opened a lot of conversation between us all*
- *I certainly felt comfortable to share and participate*
- *The Recovery Toolbox was a fun activity, a focal point, and something nice for us to take away with us*
- *I enjoyed the group, great to share, feeling positive for the week ahead*
- *Feeling good and positive, lifted and contented after a fab session — it was great to listen to others, cover a really good topic, remind myself of my strengths, and hear how people deal with their troubles.*
- *Doing the same exercise again has helped me see what I've accomplished over the last year.*
- *Always feel a bit better after the group, it does me good*

Many participants highlighted how supportive, safe, and encouraging the group feels. They appreciated hearing others' experiences and not feeling alone in their recovery.

The feedback which is received each week is helping to develop, review and change the sessions.

As we continue refining the programme, client voices will remain at the centre. Co-production will shape every stage — from planning and delivery to reviewing outcomes and deciding what comes next.

This pilot marks an exciting step forward for ESRA, demonstrating what happens when lived experience and professional support come together: a stronger, more meaningful path to recovery.





Gentleness Day

MONDAY 19TH JANUARY 2026

Join us as we host UK's first Gentleness Day
We will be rewriting the myth of **BLUE** Monday and
creating a new tradition - an uplifting day to share
[#GentlenessDay](#)

Click the link with the ❤️ below to see the online activities
you can join on the day.
[Gentleness Day UK](#) ❤️

Guest Speaker, Yoga, Art & Guided Practices

Subscribe to [A Touch of Gentleness' Newsletter](#) to
receive a free downloadable PDF of gentleness activities

BRING MORE GENTLENESS INTO YOUR LIFE AND
BACK TO SOCIETY WITH US

www.atouchofgentleness.org



*From all of us here at ESRA, thank you - and we wish you
a peaceful Christmas and a hopeful, healthy new year.*

