



# Newsflash

April 2021

## What's your Big Idea?



**CGL's Big Ideas Fund has made it possible for Jason from ESRA to teach people how to fish.**

Do you have an idea that will benefit the recovery community in East Sussex? If so, CGL is prepared to give you up to £2500 to make it happen. Your idea can include one-off or regular activities, equipment or resources. You are encouraged to think creatively about what the recovery community needs in these uniquely difficult times. The first awards will be made in June.

### **Hailsham and Newhaven**

Last year in Hastings And Eastbourne. This year the outlying areas will be prioritised, specifically Hailsham, Newhaven and surrounding areas. See the full list of previously successful applicants [here](#).

If you need more info, or if you would like help to apply, please contact [kanna@esrauk.org](mailto:kanna@esrauk.org).

# Volunteer at ESRA

Volunteering at ESRA can be very rewarding, and it is a great way to meet new people, gain experience and to make a difference in your community.

ESRA will make sure that you have the training and support that you need to have a fulfilling volunteering experience at ESRA.

There are a variety of opportunities available, including café assistants and receptionists.

## Café assistant

This is a brilliant opportunity for anyone with catering experience, or for anyone who would like to get started. The cafe is at the heart of ESRA and you will get to meet lots of people along the way. You will help cafe manager mark to prep, cook and serve food. We will pay for you to do a food hygiene certificate and we will give you a free meal whenever you do a shift.

## Receptionist

We often need someone to cover our reception for a couple of hours, or even a couple of days. If this is your kind of thing, then .

This opportunity requires a friendly person who likes to meet new people. It will do wonders for your confidence and will give you some valuable work experience. You will need to answer the phone, take messages and make sure people sign the attendance register when they arrive and when they leave.

## Volunteering requirements

As an ESRA volunteer you must not be misusing drugs, alcohol or prescription drugs and you must be over 18. You must also be open minded about the different ways in which people recover from drug and alcohol misuse.

## What ESRA will do for you

In return ESRA will offer you ingoing training and support, out of pocket expenses including travel and lunch for every 6-hour day of volunteering.

## Interested?

We would love to hear from you. [Apply here](#)

## ESRA Updates

### Our Funders

Our thanks go to the Magdalen and Lasher Charity for a £750 donation towards art activities.

### Veteran Support

ESRA continues to support veterans in East Sussex. We host ESVH's Saturday gathering where ESRA staff cook up a brilliant breakfast.

### ESRA is Recruiting

ESRA is recruiting a Café Supervisor in Eastbourne for 30 hours a week.

The role includes providing nutritious meals for clients, running a kitchen volunteer rota, managing cafe finances and ensuring compliance with food hygiene laws.

The Café Supervisor will also provide a warm and welcoming café environment for clients, volunteers and staff.

Enhanced DBS will be required, along with Level 3 in Food Hygiene.

[Complete Job Spec Application Form](#)

Please send the completed application form to [karlie@esrauk.org](mailto:karlie@esrauk.org)

If you need more info, please call Karlie on 01323 724212 or 07852939668.