



Newsflash

March 2021

A Year in Lockdown



CGL's ABCD Fund has made it possible for ESRA clients to attend a fishing group

Funding, referrals and client wellbeing are three areas that have been affected by a whole year of isolation and social distancing. The entire recovery community has struggled, and ESRA has had to adapt to the challenges and implications of this new reality.

While it's not yet business as usual at ESRA, we are once again open for clients making use of one to one support, groups or activities. light breakfasts and lunch will be available. Social distancing applies, and It is essential to book in advance.

All referrals must be submitted via the form on our website. This is the only way that referrals can get into the system for evaluation and allocation. The hub managers will decide whether or not each referral is consistent with our guidelines, and will notify the referrer. Self-referrals are welcome and they must also be submitted online.

Book: Eastbourne: 07876 718056 Hastings: 01424 43531

Referrals: <https://www.esrauk.org/referrals>

Impact of lockdown

Lockdown has hammered most charities in the UK, and ESRA has felt the impact both in terms of funding and client wellbeing.

Relapse

We have seen a huge increase in relapses, most notably among people who had achieved what appeared to be a solid recovery, in some cases more than 5 years.

We are now taking our clients back to basics with the usual in-person and online recovery groups, but with the addition of SMART groups. Staff have been trained to facilitate this particular recovery group model and early feedback has been very positive.

Referrals

We have also seen more referrals than ever. When we re-opened towards the end of last year, we had more referrals in three weeks than we had for the whole of the previous year.

This massive demand for recovery services forced us to temporarily stop accepting referrals so that our managers and support staff could have enough time to evaluate and induct new clients.

Funding

Our services have never been more in demand than they are now. It is also a time of difficulty with funding, especially in Hastings.

We are grateful to CGL for funding Café North in Eastbourne, thereby securing a valuable recovery resource for the community in East Sussex.

Things are very different at the Hastings Hub. We have been lucky to secure a number of grants under £10 000, and this has helped with core costs.

We are working with the Lloyds Foundation to review our fundraising strategy with a view to raising more money to secure the Hastings Hub for the future.

Can you help?

If you or your organisation can help, then please let us know on info@esrauk.org

ESRA Updates

What is SMART?

SMART stands for Self-Management and Recovery Training. It comes with a set of science-based tools and techniques to support recovery.

While SMART groups are available publicly, the ones at ESRA are for clients only.

Our Funders

Our thanks go to the following:

Chalk Cliff Trust for a £5 000 grant for Hastings running costs.

Ian Askew Charitable Trust for a £1000 donation.

ESRA CEO Jacqui Skilton for raising £155 in birthday donations on Facebook.

Jo Bissett for donating her £50 Christmas card money.

Barchester Charitable Foundation for £1000 for cafe ingredients.

CGL's Big Ideas Fund

After a successful round of funding that saw 15 new projects set up to support the recovery community in East Sussex, we are happy to confirm that more funding will be available from 1 April 2021.

This time it will be allocated to projects that serve the recovery community in Hailsham and Neehaven. Contact kanna@esrauk.org for info.