



Supporting Recovery in Eastbourne & Hastings

July 2020

Dodging the Covid curveball

ESRA is now able to meet upcoming challenges better equipped, and with confidence in the future, thanks to funding from the Coronavirus Community Support Fund. This is being distributed by The National Lottery Community Fund, and has been made possible by the Government.

Fit for purpose

The Lottery funding, along with another generous grant from MIND, will help us to hire new people, to get the necessary PPE, and to ensure that our service is fit for purpose going forward.

While we are in no rush to re-open our recovery hubs, we are planning to reinstate a reduced in person service to being with. We will continue our support calls and online meetings for the foreseeable future.

New challenges

Our clients have been hit hard by the lockdown, and many are reporting a significant decline in their mental health. When we do reopen, we are expecting an influx of new clients. A lot of extra effort will be needed to get our existing clients back to where they started before lockdown, and to guide our new clients into a sustainable recovery.

The Lottery funding means that we will have the right people in place to meet these challenges safely and effectively.



HM Government

In partnership with

**THE NATIONAL LOTTERY
COMMUNITY FUND**

What's your big idea?

The recovery community has gone through a bashing during lockdown. New challenges have emerged and old ones have intensified, from crisis management through to loneliness, and everything in between.

Big Ideas Fund

CGL's Big Ideas Fund is offering a fantastic opportunity for you to help alleviate these difficulties and to bring your recovery-orientated ideas to life. You can apply for up to £2500 and you can be as creative as you like.

The fund will support innovative ideas and skills that can be shared with other adults who are in recovery from drugs and alcohol in East Sussex.

Anyone can apply, including existing groups, STAR and ESRA clients, and anyone supporting the East Sussex recovery community.

Over to you

So, what do you think the recovery community could do with right now? It could be an event or activity, or it could be equipment and resources. Consider whether the 5 ways to wellness could spark some ideas.

Look at the info and application form on <https://www.esrauk.org/abcd-fund>. Contact kanna@esrauk.org to discuss your idea, to ask questions and to get help completing your application.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence