



## Supporting Recovery in Eastbourne & Hastings

June 2020

# Building resilience at ESRA



ESRA partners Molly and Lucy from Coastal wellbeing

**WRAP training will continue to help ESRA staff, volunteers and clients to better handle adversity and to bounce back more easily when life gets difficult. This has never been more important as we get to grips with the battering that the recovery community has gone through during lockdown.**

WRAP teaches personal responsibility for recognising our triggers, and managing them with a set of supporters and resources that are uniquely suited to each one of us.

This renewed partnership between ESRA and Coastal Wellbeing has been generously funded by MIND. Another exciting new piece of work will see the hugely successful in-person WRAP training being adapted to an effective online offering.

This will enable us to reach more people, including hard to reach clients. These include single parents, carers, people living with social anxiety and others who can't easily attend the recovery hubs in person.

We are delighted to be continuing the good work that we started last year with Molly and Lucy from Coastal Wellbeing. This initial partnership was funded by East Sussex County Council for one year.

Read more about WRAP here: <https://www.esrauk.org/Blogs/blog/resilliance>

# 2020 Funding Lifeline

**Running a charity is a tricky thing at the best of times. Add a global pandemic to the mix and suddenly the goal moves from improving and expanding existing services to simply staying open. At times, ESRA has come very close to the end of the line, and so our 2020 grants and donations have truly been a lifeline. We are incredibly grateful to all of our 2020 backers who have stepped up to help.**

## **Supporting rural Sussex**

Recent funding has eased at least some of the worry relating to core costs, particularly in Hastings. We are not out of the woods yet, but we can at least continue to serve the recovery community going forward in 2020.

The funding from MIND will be used to recruit and equip 2 part-time remote support workers. They will support people in outlying areas who can't easily get to the Hastings and Eastbourne hubs, and they will provide some evening and weekend support.

## **Preparing for life after lockdown**

We are expecting an influx of new clients as the effects of the extended and enforced isolation become known. While we have no immediate plans to re-open our recovery hubs, we are thinking about how we can safely support clients when we do start meeting again.

In the meantime, we will continue to support our clients remotely. We are also making sure that they are trained and equipped to take part in online activities should they wish to do so.

## **Staying connected**

ESRA has supported 149 clients since the lockdown. Together we have made over 800 calls and 29 referrals to partner organisations.

We have also sent out over 120 art and activity packs to help ease the effects of life in isolation. Our clients are already planning to have an exhibition of lockdown art once it is safe to do so.

## **ESRA's Fabulous Funders**



MIND

Chalk Cliff Trust

Isabel Blackman

Sussex Police Community

Sussex Community Foundation

Awards For All

Magdelene Lasher

Hastings Direct

Devonshire West

Hastings Big Local

Aldi

Hastings Lions

**Thank you from everyone at ESRA!**