



Supporting Recovery in Eastbourne & Hastings

February 2020

Best attendance ever!



The Grub Hub in Hastings

February has seen the best attendance figures that have ever been reported in a single month at ESRA in both locations.

Hastings welcomed 176 unique clients while the team at Café North in Eastbourne saw 91 different people through the door.

We continue to report robust induction figures with 11 new clients at Café North and 15 in Hastings. This compares favourably with this time last year. Hard work has ensured that we have regained our momentum following the unexpected closure over Christmas and New Year. All thanks go to our clients, partners and supporters.

Facts and figures

Here is how the February attendance figures stack up against those in November last year.

Hastings		Eastbourne	
Feb 2020	Nov 2019	Feb 2020	Nov 2019
176	166	91	70

Talking about addiction

ESRA clients came up with two brilliant ideas during a recent focus group on behalf of ESCC.

There is a huge amount of misunderstanding and misinformation about addiction out in the community. This is prevalent among the professionals who are there to assist with addiction-related mental and physical health problems.

Workshop for professionals

The idea is that we could help bridge this knowledge gap by developing a well-thought out workshop for professionals. The idea would be to let them know how they come across to addicts seeking help, to give them some insight into the very nature of addiction and to have a Q&A along the way.

'Recovery Card'

In another flash of insight, Jason at Café North suggested that the local authority could introduce a Recovery Card that would allow people discounted access to wellbeing activities such as gym and swimming. He said the emphasis should be on making existing services and activities more accessible rather than providing these things for free.

Thanks to all 15 people who took part and made this consultation a valuable experience.

February Funding

The Chalk Cliff Trust came through for us this month. Their funding will cover some of the running costs in Hastings.

The North Devonshire West Local has brought Sunshine Yoga to café North. This is a refreshing and welcome addition to our client offering in Eastbourne.

Huge thanks to both for their generous support.

Andy at Aldi in Ore

We would like to acknowledge Andy at Aldi in Ore who makes a difference here at ESRA.

He makes sure that we can pick up fresh food, groceries and an assortment of random items – twice a week.

The food is used in the café, and the rest of the items are made available to our clients.

We appreciate this regular donation from Aldi.

Do you know about CGL's Big Ideas Fund?

Did you know that you can apply for up to £2 500 for equipment and/or activities that support the recovery community?

This is an ideal opportunity to set up weekend and evening activities that so obviously lacking for people in recovery.

If you have an idea that you would like to bring to life, please speak to Kanna. She will help you put your idea together and get it ready for a decision by a panel made up of staff and client representation from CGL and ESRA.

There is a total of £30 000 available every year for 5 years. This is a brilliant opportunity to make a difference. Let's do it.