

# THE seaview NEWS LETTER

practical services for complex lives

 **seaview**  
practical services for complex lives  
SPRING 2022



## Offering so much more than you think

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Welcome to the spring edition of the Seaview newsletter and the community camaraderie of Seaview Project. It is my pleasure to introduce the newsletter and the valuable work and community that is Seaview.

Our services are known for meeting people's basic needs, providing practical help, advice and support to those most at risk. However our offer is so much more, as can be seen in this edition of the newsletter. Many of the people we see are marginalised in the community for varying and often complex reasons, labels are assumed and voices are suppressed. At Seaview, we take the time to get to know our service users, understand their needs, we listen to their stories, their perspectives and challenges. We work with people at their own pace without pressure, advocate where we can, validate perspectives and provide opportunities for potential to be realised.

This last quarter has been testament to offering so much more than you think. Our service users have challenged misconceptions and highlighted their views and talents in abundance. We hope you take the time to enjoy our newsletter which demonstrates the depth of work undertaken within Seaview's services.

**Sue Burgess, Projects Manager**



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T: 01424 717981 • F: 01424 722601



## Seaview's Got Talent

Seaview staff and service users came together to create a celebration of recovery for Seaview's Got Talent. The show encouraged service users to sing, play and perform to a full house of attendees. It was exciting to put on a show that not only showcased the talent of our service users, and how far they've come on their journeys but also the amount of support and compassion there is between Seaview clients.

There were movingly honest readings, fun songs, dancing and music. The talent on show was exceptional with staff joining in too.

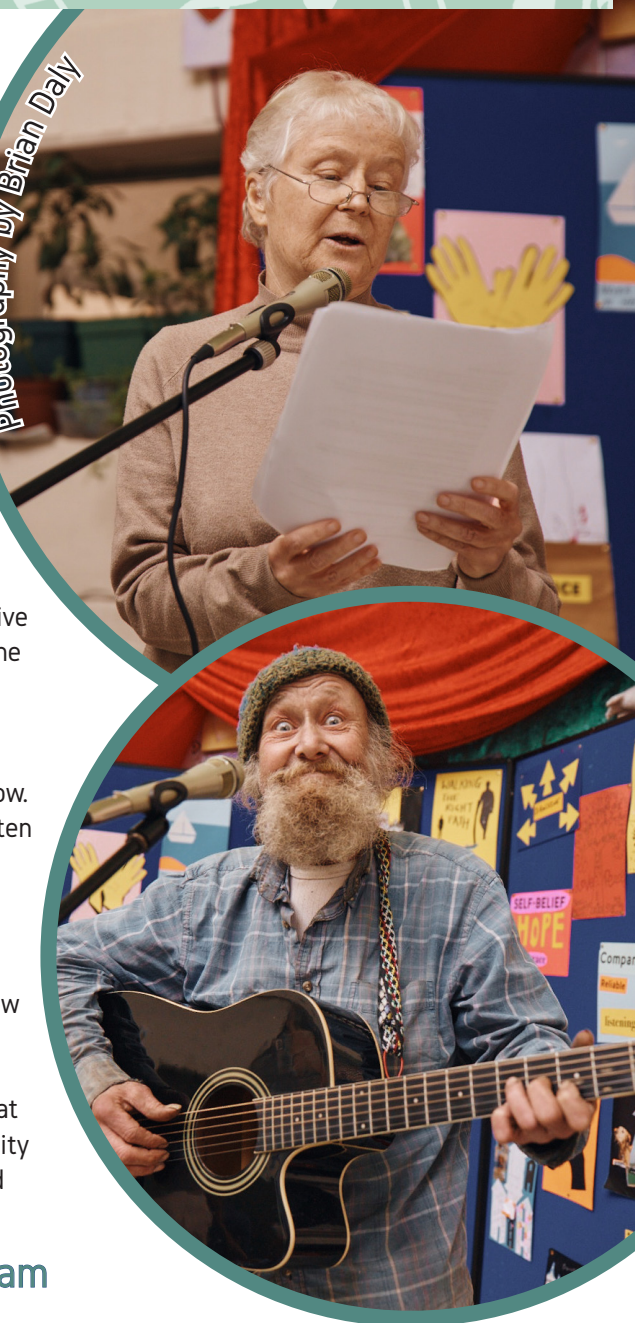
The RADAR team had spent the previous months working with the service users on their talents and exploring ways to tie their performance into their recovery in a meaningful way. The RADAR wellness group became a safe place to explore these ideas, working on written work and art work, some of which was displayed on stage. In wellness groups staff and participants did a deep dive into themes of recovery and exploration of experiences that lead to some of the incredibly moving stories performed.

The Now You See Me project, a group of workshops that explored identity and misconceptions, also produced work with participants that was used in the show. Their artwork formed some of the stage and the words from the project, written by service users, were used to create a song with Barefoot Opera.

Barefoot Opera were incredible, coming into Seaview in the months before and bringing with them an excitement and energy that was contagious. Their time given was so appreciated by all and the songs performed with them in the show had the crowd singing too with a feeling of celebration that was palpable.

The show was brilliant, everyone poured their heart into it and the courage that went into the performances brought a sense of pride to Seaview. The community joined in too, offering their help by filming, photographing and doing the sound for the show.

Photography by Brian Daly



### - The RADAR Team



I was watching the faces of staff as clients performed and was struck by how much care, empathy and even love there is in the centre when people try to do something as frankly nerve-wracking as that must have been.







"I loved every bit of it: Susan's story and Evelyn's participation is everything that Seaview is about. Perfection."



"What an honour and privilege it was to witness such an outpouring of joy, reflection and talent as we saw today."







**This last year, wellbeing staff have made 8945 interventions to prevent crisis.**

## Forward from the Chair

There was palpable excitement in the wellbeing centre at the end of April 2022 when Seaview hosted the ever-popular Seaview's Got Talent.

Whilst we were assisted by Barefoot Opera, the stars of the show were very much members of the Seaview community. It was obvious that we are a community where people care about each other, whether they are centre users or staff. I was moved to see how people encouraged each other, helped people on and off the stage, cheered people on and wildly clapped all the performers. Only when you have walked in someone else's shoes can you know how much effort it takes to get up there and have a go. With the worst cost-of-living crisis in living memory about to land on us, it will be even more important for the community to support each other, whether through provisions of the basics in life or through helping people meet their individual goals. Events like Seaview's Got Talent connect us to each other, show the wider community what we can do, as well as lifting us above this daily struggle. Well done to everyone involved.

**Anna Barnes, Chair**

## Gym Reopening

The Seaview Gym reopened last month and service users have been enjoying the benefits to their mental and physical health that come from their workouts.

The gym was closed during lockdown and it took some teamwork to get it up and running again. We enlisted the help of service users to create a brightly coloured painted mural across one wall, inspired by the work of New York artist Keith Haring. The remaining walls were also painted by service users to brighten everything up. The wider community helped by donating new gym equipment and a new floor was laid making it safe for yoga and other exercises.

The RADAR team set up separate session times for men and women to honour their commitment to women only spaces. A personal trainer was hired to facilitate gym inductions for each service user, creating safety and setting the expectations of how the gym is used. This has worked really well with Service users exercising responsibly, without pushing themselves, and encouraging each other with a strong sense of support.

The gym is run by the RADAR team, who are always present during opening hours. It was a group effort that has been met by an enthusiastic response.

The gym is open:

### MONDAYS

10-11am women only  
11-12.30pm men only

### WEDNESDAYS

10-11am women only  
11-12.30pm men only



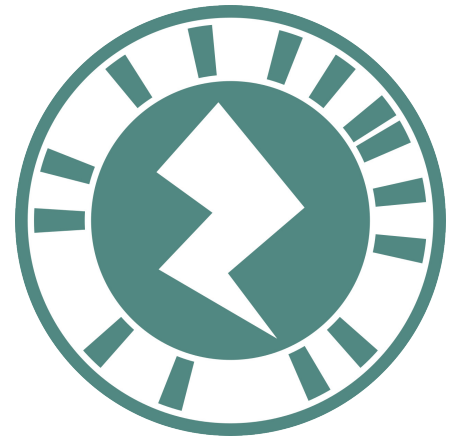


## RADAR: Day in the Life



This instalment of our popular 'Day in the Life' series gives you all an insight into our RADAR (Refocus, Assess, Develop, Activate, Recover) activities, and what it means to be a RADAR worker. We had the opportunity to interview the amazing Lily and Jodie, just two members of the team here at Seaview.

They spoke about some of the activities they've been planning for Seaview, as well as some of the events from previous years, as well as discussing their own backgrounds and why this role means so much to them. To listen to what they had to say, scan the Zap code on the right using the 'Zappar' app on a phone or tablet to play the video!



Or follow the YouTube link here: [youtube.com/watch?v=UjGaY5CIKsl](https://youtube.com/watch?v=UjGaY5CIKsl)

## You said, we did.

Bring back the  
pool table



The pool table is  
back in our  
wellbeing centre!





# St John Ambulance Hastings Homeless Service

We're extremely pleased to let you know that we've now returned to pre-Covid service provision of 4 nurse-led healthcare sessions / week. Each session combines outreach to individuals with our mobile treatment centre and a drop-in clinic at Seaview.

Clinics at Seaview include:

Monday 12:30-1:30 / Tuesday 12-1 / Thursdays 12-1 / Friday 12-1.

We're usually at Seaview earlier and/or later as well, but these are the times we can guarantee being there.

## FOOT CARE:

We're delighted to introduce Maggie, a Foot Health Practitioner (FHP) who's very kindly donating an afternoon per fortnight of her time to us at Seaview. This will be on Tuesday 7th and 21st June, 1pm till about 2pm, then every other Tuesday. She can treat most common foot problems. Debbie, our Podiatrist (foot specialist), is also continuing to volunteer with us two sessions a month, including Tues 14th and 28th June, 10:30-1:30.



So that's foot care covered for every Tuesday in June, which we're hoping to continue in the longer-term, but please keep an eye on our whiteboard at Seaview for up-to-date details of next sessions.

The other very important person to introduce to you is Michelle, our new Administrator, who you're likely to see at Seaview on a Wednesday, doing some admin in the treatment-room. She started recently with us and is doing a great job at helping us get more organised. Look out for a neater, less cluttered treatment-room in the near future!

As well as our clinics at Seaview, we continue to provide an outreach session once a month on:

Saturday evening 6:30pm at the Salvation Army, St Andrew's Square, Hastings TN34 1SR.  
Next sessions are: 11th June and 9th July.

For more details about of any aspects of the Hastings Homeless Service, please contact:  
[SussexHomelessService@sjja.org.uk](mailto:SussexHomelessService@sjja.org.uk) or 01424 435358.



## You said, we did.

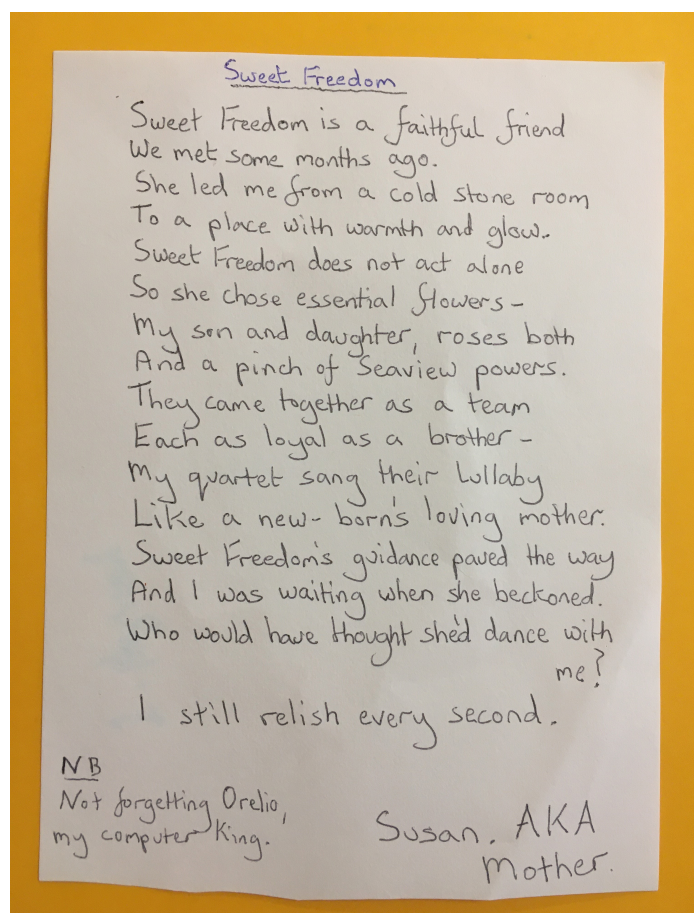
Bring back  
BINGO

Now every  
Friday at  
11.45am



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## Susan's Poem

We have lots of wonderful talent here at Seaview, whether it be from our service users or staff members; all of which was beautifully displayed as part of our celebration of recovery, 'Seaview's Got Talent'. A resounding example of the talent is in poetry with Susan, a service user here at Seaview. Above is a poem she has written, we hope it moves you as much as it did us!

## Men's Digital Group

The Seaview Men's group has been running for several weeks now at 11:00 - 12:30 every Wednesday.

Five men have now completed the digital inclusion element and have been given a Fire 7 tablet. This has been a collaborative effort, Digital Inclusion Worker Caitlin has worked her magic to enable the use of the Google Play store (not standard on these tablets) and clients have been shown how to download various apps.

Group members are encouraged to use the tablet to access wellbeing sites and mental health support groups. They have also downloaded Spotify, Youtube and BBC iPlayer and Sounds. Plenty of scope to explore their own individual interests.

We have also downloaded Zoom which opens up visual and verbal contact with others.

The 5 ways to Wellbeing is being used as a theme for this year's Mental Health Awareness week at Seaview, one of the ways being the theme for each day. One Wednesday was all about taking notice. One of the group, volunteers to maintain the gardens at the rear of Warrior Square Station. A build-up of litter had been noticed in the area and volunteers from Men's Group undertook a litter pick to clear the area. Fresh air, exercise and a spruced up garden was the result!

We continue to look for fresh ideas and encourage male clients to offer suggestions for activities for the group. Remember, Men's Group is held every Wednesday 11:30 - 12:30 and all male clients are welcome to attend.

## You said, we did.

Bring back  
Music Groups

Jamming session  
every Tuesday  
afternoon, Choir  
every Friday at 11am





# Wellness Group

Wellness group was set up as a 10 week course investigating the five ways to wellbeing.

The five ways being, Connection, Being Present in the Moment, The Act of Giving, Learning Something New and Being Active.

The group concentrates on each of the five ways, for two weeks each. The first week is an introduction to the idea and the second week is a deeper look at each subject. Each group would include discussion, meditation, art and planning for the week ahead.

Recovery Coordinator, Michael Payne, planned the outline of the 10 groups and gave the RADAR teams space to grow each group to meet the needs of the participants each week. Eli, Jodie and Lily have been running the group, taking turns to facilitate groups depending on who is available each week. Lily has been incorporating art exercises into the group and Jodie has provided participants with journals, regularly checking in on how they are getting on with them. The journal writing has been a successful component

of the Wellness group that has acted as a tool to help participants strengthen their voice, feel less lonely, or get a better understanding of how they're feeling or coping.

Service users have reported improvement in mental health since beginning with the journals. The group has grown in both momentum and participants.

Clients are engaged and excited to participate. Participants look forward to the group and feel safe to speak openly and honestly. The group meets the criteria of a therapeutic setting which clients are benefitting from.

A secondary benefit of the group is the growth staff are experiencing from taking part in, or facilitating the group. Eli, Jodie and Lily all reported increased confidence and enthusiasm from participating in and facilitating the group.

Wellness group has been attended by 13 participants, 12 returning.

For four of the participants it was the first group they had been to.

**"Seaview makes me want to do better and help others."**

**"The confidentiality of the group allows us to share in a way that highlights our similarities"**

**"The brainstorming of topics from a variety of perspectives is healing, you give me hope."**

**"It helps me to listen to others and have the space to talk though my own thoughts on addiction."**

**"I'm able to see my own recovery."**

**"It's something for me to look forward to."**

**"I feel enlightened and motivated to grow"**

**"It makes me feel upbeat and positive."**

**"I feel cared for, listened to and heard."**

**"Thank you for making me feel welcome"**





# The 'NOW YOU SEE ME' Project Visits Seaview!

Throughout April, there was a real buzz in the Wellness Centre when the NOW YOU SEE ME project, funded by the Arts Council England, joined forces with the Seaview community to facilitate a series of workshops to create a ground-breaking local art exhibition.

Seaview's NOW YOU SEE ME Exhibition looks to build bridges of understanding between the people of Hastings and the Seaview community, challenge misconceptions by sharing insights into their lives and experiences, and, importantly, spread positivity and joy! During June, you'll see striking artwork silhouettes popping up around Hastings town centre – each displaying personal words authored by our community members. There are also QR codes on display, offering viewers the opportunity to find out more.

The NOW YOU SEE ME workshops ran each Tuesday in April. Local author, Imogen White, worked with the community to mentor

positive journaling and writing challenges, which have led to a truly breath-taking collection of poems, memories and captured thoughts. Local graphic designer, Suzan Aral, ran creative silhouette workshops to accompany each week's theme, which looked at memories of Seaview, its people and the places important to them around the local area. In addition, art mentor and teacher Lesley Samms was on hand throughout to evaluate the project and offer support. This talented community's creativity, honesty and dedication to the project were steadfast, producing silhouettes, words, poetry and ideas that are very moving, thought-provoking, humbling and funny!

Some of you may have already seen the artwork produced during these workshops, which formed the backdrop to this year's fantastic 'Seaview's Got Talent Show' – where the Barefoot Opera also created & performed the song, 'Take me as I am,' in conjunction with the 'NOW YOU SEE ME' theme.

Our greatest thanks go to the Arts Council England for funding this important project highlighting the Seaview community. Another massive thank you to the five businesses in Hastings who are displaying the finished silhouettes: The Hastings Bookshop, Castle View Café, 1066 Café & Bakery, Coastal Cocoa and Bookbuster - your support is hugely appreciated. We would also like to thank our very own Lily from the Radar team, who worked so hard to ensure the project's success – and of course, a big thank you to everyone who took part.

The NOW YOU SEE ME celebration event will be held on the **1st June from 10.30am-12.30pm**, here at Seaview, where the grand reveal of the chosen silhouettes and words will take place. Please come along to support this event - invites are available on request! The project also has its own Instagram page - [@now\\_you\\_see\\_me\\_uk](https://www.instagram.com/now_you_see_me_uk). Please follow, comment and share your reactions - we'd love to know what you think!





# Weekend Opening

The Seaview Wellbeing Centre had the great pleasure of offering our services over the weekends during the winter months.

We opened our doors again at the beginning of September just before the weather got bitterly cold. At first our numbers had to be restricted due to Covid, but it was great when we could open our doors to everyone again. A formidable staff team cooked a free healthy vegetarian breakfast at 8.30 for the early risers. The breakfast was available to everyone including rough sleepers who benefit from something warm to eat after a cold night out. A hearty lunch was also laid on. On average we provided 21 lunch time meals each day.

We have an outreach team that goes out at 5am on Saturday mornings and they are able to inform any new rough sleepers of where we are and what we can offer. We were able to assist some clients into temporary accommodation and refer them on to any services they might need. We were also able to ensure their primary health care needs were being met. The IC24 integrated Care Hub proved invaluable as they open all day at weekends and Bank Holidays and patients can be seen on the same day. We also hosted flu vaccination clinics.

Unfortunately the funding could only be stretched till the end of March and we had to close our doors. On the last day the staff cooked a cake and music was provided by our very own talented Vanessa Trowell and talented service users.

The six months we were able to operate were received very warmly by our clients. Weekends can often be a lonely time for service users, when they might not go out or eat healthily. We were able to provide a safe space to 158 individuals and the feedback from them indicates how strongly and passionately they feel about it not being able to continue through the entire year, rather than just the winter. Dave, our Chief Officer, is continually on the lookout for funding streams to get the centre open at weekends sooner rather than later.



## Seaview Service User Meetings

You may have noticed some of the 'You Said, We Did' graphics throughout this newsletter, these are all the result of our wonderful service user groups!

Seaview holds regular monthly meetings facilitated by the RADAR team and a Seaview Trustee. Held in the centre, the meetings are a chance for service users to have their voices heard and make suggestions for improvements in Seaview. We listen closely to our service users and make changes when and where we can. We have also received interesting feedback about perceived gaps in service locally.

If you are a service user and would like to attend a meeting they take place on Thursdays at 1pm on the following dates:

- 23rd June
- 21st July
- 25th August
- 29th September
- 27th October
- 24th November



## Digital Inclusion Work

Seaview has had 2 digital workers on hand recently to help out with all things digital and it has been a remarkable success. Caitlin and Josie started work in the wellbeing centre assisting and teaching people with issues such as booking doctor's appointment, setting up phones, accessing emails and benefits. Josie also works for Tech Resort on digital inclusion and comes into the centre under their umbrella to help out. Keeping up with what is happening with digital technology can be hard for most of us, but when you are living on the margins of society it can be almost impossible. Barriers around having no internet access, reading and writing issues, no smartphone or laptop, and lack of knowledge can put people off even trying to use them. Josie and Caitlin have been doing a sterling job in promoting a can do attitude and highlight how digital technology can have a positive outcome on people's lives.

## Wellbeing Outreach Team

Seaview is very happy to introduce Michelle and Colin as our new Wellbeing Outreach workers. Both Michelle and Colin might be familiar faces as they have worked for Seaview before in different positions, but now they are offering an outreach service on Wednesday and Saturday mornings to support people to access the services of the Wellbeing Centre.

During lockdown we were able to offer lunches and welfare checks on vulnerable people, now the centre is fully open again we have noticed that not everyone has returned. There are a variety of reasons for this but a common one appears to be that after spending so long indoors during lockdown, getting out and about causes them anxiety which they are finding difficult to overcome.

Michelle and Colin are on hand to give telephone support and home visits. They are able to offer a listening ear and gently get people back into the community at their own pace. Both the men's digital mental health group and the woman's group are on Wednesdays, and Michelle and Colin can give assistance to people who want to attend the groups but feel they cannot. On Saturdays they are also on hand to give support when other agencies are closed.

We are all pleased to offer this service as it is the first time the Wellbeing Centre has its very own outreach and we will do our best to reach out to as many people as possible.

## Mental Health Awareness Week

As you may have heard, 9th May-13th May marked 'Mental Health Awareness Week', and here at Seaview we decided to take on the 'Five Ways to Wellbeing' to celebrate each day in accordance.

On the Monday, we went with the first theme, 'CONNECT'. This involved our service users writing letters to family, friends even the Prime Minister to encourage them to reach out to others.

On the Tuesday, our talented admin worker Yvonne helped us to 'BE ACTIVE' with some line dancing.

On Wednesday, the theme was 'TAKE NOTICE'. John, one of our lovely Wellbeing Support Workers, assisted some of our service users in picking up the litter around the surrounding areas of St Leonards station. We then noticed it looked a lot better!

Thursday's task was to Learn, and we did so by reading up the definitions of words we hadn't heard of before. Last but not least, Friday looked at 'GIVE'. They took time to realise how much they give and help one another.





## RADAR Arts at Seaview

Art in Seaview this month has been varied. In the Wellbeing Centre we've been concentrating on creating the Tree of Life, a collaborative and interactive sculpture that service users can use to remember loved ones. Service users have enjoyed creating the different stages, giving input and laughing about mistakes along the way. The imperfections of the tree have made it more fun in the Centre and less intimidating for other to join in. The first tree made unfortunately collapsed! So, we worked together to create a new design which is currently in creation!

We've begun our next round of our 10-week Wellness group which runs on Thursdays at Seaview at 11am. The group is extended to include more artwork after feedback showed it was a success. This round we're exploring boundaries. The artwork we've been doing on the theme has allowed some of the service users that are less vocal in communicating their ideas and thoughts well.

The gym mural is complete and it's

great to see the gym re-opened and being used.

The Town Explores a Book workshops have finished and we're discussing bringing the next project into the Wellbeing Centre as a better fit for service users.

Art at CGL women's Hub continues on a Tuesday. The support between the women and level of care provided is incredible. Art is an important component in making it feel like a safe space and creating an environment that allows service users to open up.

Seaview got funding to create art packs for clients that are struggling to engage, and we've been making tailor made packs.

We continue to be service user led and create workshops and projects with recovery in mind, as a result Art sometimes spreads into movement, wellness and other ideas that become a vehicle for creation to take place. It's really exciting to have so many service users engaging and returning, week after week and it's been incredible

to see recovery taking place. Also, in the Wellbeing Centre we have a writing group on Monday afternoons. It's an informal and collaborative group that encourages the writers we have in the centre to grow their voices.

In Service Users group we collected feedback requesting more varieties of art and classes, as more services users engage there is an excitement for more to continue!

One service user said the art in wellness group allowed them to visually see their recovery week by week which was so positive to hear. It has been an exciting start to the year with more to come.



## Our New Youtube Channel

Reading through our newsletters, you probably see a lot of our 'Zap Codes' to play videos we have created that we would like to share with you all. However, if you do not have the 'Zappar' app or would prefer to watch our videos on a bigger screen, the good news is you now can!

We now have our very own Youtube Channel, which you can visit by searching 'Seaview Project' on Youtube. We currently have our whole archive of videos on there, and plan to update it with new videos as they come along.

You can support us and stay up to date by subscribing to our channel, clicking 'like' on our content and leaving comments on what you would like to see next!

[https://www.youtube.com/channel/UCb\\_VMNr68I2mvJLurcYFbYA](https://www.youtube.com/channel/UCb_VMNr68I2mvJLurcYFbYA)



## International Women's Day



This year Seaview wanted to celebrate International Women's Day by giving a voice to women who use women only spaces. Funded by East Sussex County Council, a short video, made by Caitlin Lock; asked why women only spaces are important. The women highlighted the need to step away from the pressures of everyday life and talked about feeling safe and supported in the company of other women.

The Seaview Women's Group, run in partnership with Brighton Women's Centre (BWC), held a special session to take portrait photographs and a further session to watch the video while eating a high tea. A great atmosphere prevailed with additional treats supplied by BWC and it was a great opportunity for the women to connect with each other to celebrate themselves and their achievements in their own recovery journeys.

Scan the Zap code to the left using the Zappar app to play the video!

Or you can play via Youtube by following this link: [youtube.com/xAyqqZCJWlw](https://youtube.com/xAyqqZCJWlw)

## Thank You for Supporting Us!

Finally, we just wanted to take time to say a massive THANK YOU to all of you who make Seaview so special!

Some special mentions are The Wardrobe in Hastings for helping us sell some of the KSI clothing, Culture Shift for donating rolls and pastries to stop food waste, all of the lovely individuals who have donated gym equipment such as exercise bikes and crosstrainers - and of course all of our wonderful supporters who have donated money, clothes, toiletries and bedding to us!

Thank you for helping us shape the lives of marginalised people in our community. Your donations and support help us to match fund services centred around supporting those who need us most whilst providing them with the basic essentials, and the hope of a brighter future ahead. With the help of donations, we were able to serve 2665 meals to those who needed us between 2020-2021. Thanks to your support, we're able to fund services such as housing support, harm reduction programmes and wellbeing activities.

We couldn't do it without you! Thank you so much.



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T: 01424 717981 • F: 01424 722601



## Contact Info:

✉ [admin@seaviewproject.org.uk](mailto:admin@seaviewproject.org.uk)

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