

THE seaview NEWS LETTER

practical services for complex lives

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



Achieving More Together

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The long hot summer presented our team with the challenge of keeping everyone cool with bottled water, sun hats and an air conditioned space, especially members of our homeless community. Meanwhile, our management team has been trying to keep cool and calm amidst unprecedented changes in services; we have won new contracts and seen others come to an end. We are all excited about new opportunities to make a real difference in our community. With so many changes taking place, I'm amazed at how we have managed to squeeze in a really worthwhile Away Day for the team, giving us all a chance to reflect on the work we do and plan to make more changes.

Our Administrator, Yvonne Barnard has retired after 17 years of loyal service and that was an emotional farewell while we acknowledge that change can be hard sometimes. We welcome Yvonne's replacement, Katherine who has helped us all embrace the change. We wish her well in her new role.

We are bracing ourselves for a hard winter with the cost of living increase and we know this affects the poorest people in our community the most. We value the partnerships we have forged at Seaview and we are pulling together as we face a fresh set of challenges. We know we can achieve more together and we are grateful to our friends and supporters. The Jazz event gave us an opportunity to show that gratitude as we were entertained by Liane Carroll and guests!

Inspired by how our clients share their creativity, their inspirational stories and experiences, we hope this newsletter gives you some insight into the magical work that's happening at Seaview...

Dave Perry, Chief Officer



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T: 01424 717981 • F: 01424 722601

Forward from the Chair

We held an away day for Seaview staff over the summer. It was a lovely occasion with a brilliant speaker Chris to start us off. Chris shared his own personal story of recovery, and bravely talked about his relapse. As staff and trustees, we were moved to hear the importance of Seaview during this difficult time for him.

He also talked about feeling safe in the well-being centre. This is something we all work really hard at; it is a welcoming, accepting environment, but it also has to feel safe for people at various stages in their recovery journey.

To the right is a wordcloud displaying some of the keywords staff members came up with when discussing what we do at Seaview and how we do it.

It is our attempt to explain what the Seaview model is to people who ask what the service is about.

It's not just what we do, it's the way we do it. Using an emotionally intelligent way of working with people, which is focussed on building relationships, we hope to continue to help people feel safe, and to recover at their own pace.

Anna Barnes, Chair



“empathetic
supportive
creative
respectful
approachable
resourceful”

You Said, We Did

We were informed during the service user meeting that clients felt they would benefit from numeracy and literacy lessons. We can now offer these in a group or in one on one sessions. This can be so beneficial for people who are trying to access courses or employment, or for people who just missed out in their youth and would like a refresher.

Tracey, who is providing the teaching, has links with Hastings College and has expressed that there is potential to involve student teachers coming into the centre and providing fun one on one lessons in subjects such as language and art. On Wednesday mornings you will find Ann here on a talking couch. Ann is happy to sit and chat with anyone over a cup of tea and talk about whatever they like.

Service User Group takes place on a Thursday once a month. Ask staff if you'd like to come along and have your say!

“Thank you for responding to our suggestions, it shows Seaview listens and values our opinions.”

Service User Quotes from our Wellness Group

“It helps me because I'm always looking for ways to improve.”

“I look forward to it because I know I'll get my chance to talk.”

“It's valuable to me because I don't get judged.”



The People's Project

Lily and Imogen have been meeting with Service Users to hear their stories and capture their words. It takes place on Monday afternoons in a quiet corner of the Wellbeing Centre, or a meeting room if privacy is needed for stories that need to be held with extra care.

On Tuesday mornings art is being made in the Wellbeing Centre to support and enhance the words. Pictures and portraits are being created as original artworks and photos are being scanned to accompany stories from the past. All art forms are included from song lyrics and poetry to memories.

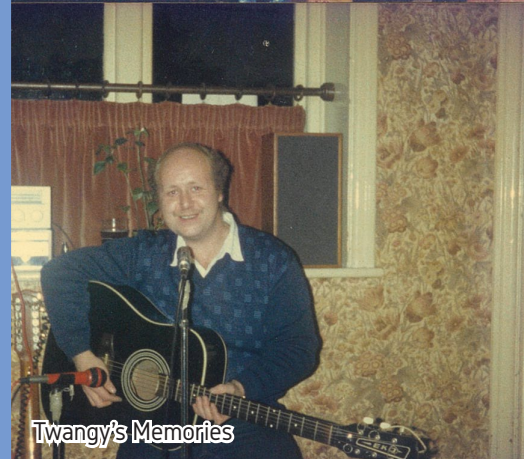
Twangy's memories of his first gig in Hastings

Twangy recalls his first Hastings gig took place at The Railway Club in St Leonards, but it isn't there anymore. It used to be a working man's club back in the 80s. He started doing a solo thing there, just him and his guitar, and it got pretty popular. After this, he joined forces with another chap called Paul and their duo was called 'The Restarts' – this was a play on what the name for Job Seekers

allowance was back then. The Restarts started playing every Saturday at lunchtime in The Crown in Hastings Old Town – this pub is still there, but it's changed quite a bit from how it was then. Together they did harmonies and covers mainly. He also recalled 'Bongo Bill' who played; guess what? Yes, the bongos – who would write reviews of the band each time they played and write his notes in a little black book that twangy has kept to this day!

Twangy said, "That's really put a smile on my face remembering all that. I think I have some flyers somewhere. I'm going to try and find them now."

Thanks so much, Twangy, for sharing this. You are well known for your musical abilities here at Seaview – along with your green fingers! Christious suggested titling the idea, The People's Project. It works so well as a title because this is a project that's being co-created alongside Service Users with their interests and enjoyment in mind. Art and words from three service users will be collected and curated to feature in each issue of the Seaview Newsletter. We hope you enjoy!



Nora's Birthday

Saturday morning, I woke up. I was 20 again! No, not really, I was 35. I had breakfast with my boyfriend and his daughter, a bacon baguette with a coffee.

I opened my birthday presents, my boyfriend's daughter was more excited that me! I opened my card from Norman and it said, "Will you be my girlfriend?" There were some tears, some happy tears, but it was good. I said yes. So I officially am in a relationship with my partner, Norman.

We went to the Sovereign Centre to go swimming pool. There was the wave machine, the big slide and the Jacuzzi. Then we went to Toby's Carvery for dinner. It was my first birthday sober in 18 years. I've now been sober for almost a year!

That day could not have gone more perfect.

Raindrop, by Blossom

An odd raindrop dropped upon my cheek -

Pretending to be a tear

But as I prepared to wipe it away -
He spoke to me loud and clear.

"I'm the last drop of water in this world

And I don't know where else to go.
Please let me remain here, where I rest -

I'm so lonely and wobbly with woe."
Well, I had heard a rumour about this earth -

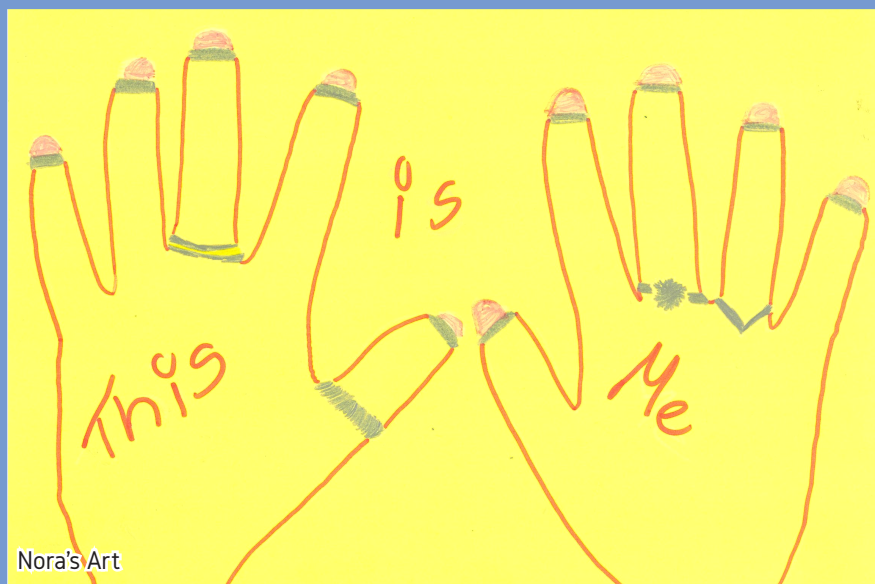
Something about it being arid
But I hadn't found time to research the truth -

Too busy with my plans to be married.

Now I treasure the teardrop here on my face,

Yes, of course I allowed him to stay.
Others might believe that I cry like a fool,

But inside I'm as happy as day.



My lady heroine,
I obey, want and need you

My lady heroine
You give me strength, worth and truth

My lady heroine,
You always help me through

My lady heroine,
You are my internal tattoo

My lady heroine,
You take, give and you borrow

My lady heroine
If your not around me I feel sorrow

My lady heroine,
You help me feel alive,

My lady heroine,
You are always by my side

But my lady heroine,
I need us to part ways
Or I will never see better days

My lady heroine,
I have a son, a brother and a future
If I don't break away you will always be the intruder

My lady heroine,
I try to let you go
But the power you have over me is taking its toll

So my lady heroine,
I'm going away, to a place where you cannot get to me
A place of peace, and forever after, a place of healing recovery and laughter,
A place I can go and feel truly myself,
Without you giving me false feelings of wealth,

Goodbye lady heroine,
It's taken it's time,
But now I can say you are no longer mine

Goodbye lady heroine,
I can't say I'll miss you,

Rose's Memories

After I was born we moved down to the farm where my Dad was working with the cows. I played about with the animals and used to say "Moooo Mooooo".

I think of him now when I'm on a coach trip and pass cows. I had my photo taken with the cows when I was 3. I used to have two or three in a corner I liked best, I called one Daisy. I started to do a bit on the farm myself. I enjoyed it and wish I was still out there now.

I was born a month early and weighed only 2lb. I was christened the next day in hospital because the doctors said I wouldn't live, but I did! They said I'd die again when I was five and had whooping cough and meningitis.

I survived but was left with epilepsy.

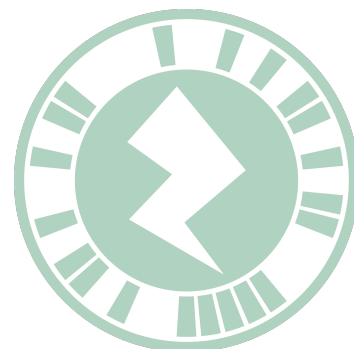


Jazz in the Garden with Liane Carroll



Our Jazz in the Garden event took place on the 31st July 2022, with incredible entertainment from jazz musician Liane Carroll accompanied by her bassist husband Roger Carey. Other talented musical guests joined in, with Simon Thorpe on double bass and John Donaldson on piano.

The event was an incredible opportunity to thank our Friends of Seaview, as well as raising awareness to any plus ones who were interested in learning more. A huge thank you to trustee Gary Rogerson for kindly hosting the event in his garden, and to Liane for organising a raffle of music lessons to help us raise vital funds for Seaview. Overall, we raised over £6000!



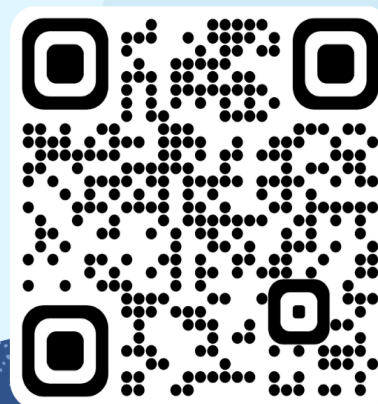
Video credits go to Friend of Seaview Nick Bloomfield, who kindly filmed the event for us.

Scan the Zappar lightning code using the Zappar app to see a snippet of the event, or visit <https://youtu.be/ntWHsfr5XKo>

HAVE A FUNDRAISING IDEA?

We'd love to hear it! Get in touch today via our website:
www.seaviewproject.co.uk/get-in-touch

You can also become a Friend of Seaview online now!
Scan the QR code or visit our website for more info.



St John Ambulance Hastings Homeless Service

We are very pleased to be able to continue offering holistic, nurse-led healthcare sessions 4 times a week. Each session combines outreach to individuals with our mobile treatment centre and a drop-in clinic at Seaview. Our clinics are supported by our Homeless Service volunteers and our podiatrists and foot care specialists.

Clinics at Seaview include:

- Mondays 12:30pm-1:30pm - nurse consultations
- Tuesdays, 12:00pm-1:00pm - nurse consultations
- Tuesdays (please contact us for timings) - specialist foot care
- Thursdays, 12:00pm-1:00pm - nurse consultations
- Fridays, 12:00pm-1:00pm - nurse consultations

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



We are delighted to be able to introduce you to our Senior Coordinator, Jas Rasher, who some of you may have seen at Seaview alongside Roger. Jas is looking forward to meeting you all and to continue learning about the service.

We have had some exciting visits to Seaview in recent months, including the High Sheriff, Jane King, and County President, Giles York. Both individuals have a huge interest and desire in helping the homeless community and heavily support the work of St John's Homeless Service. We look forward to meeting others in the future.

Finally, our August 2022 figures showcase the accessible and trusting nature of St John Homeless Healthcare Service. The majority of our presentations are from service users who come to see us on a regular basis, primarily for specific wound care. We are proud to offer an array of primary healthcare and additional referrals.

Service Usage



Month & Year

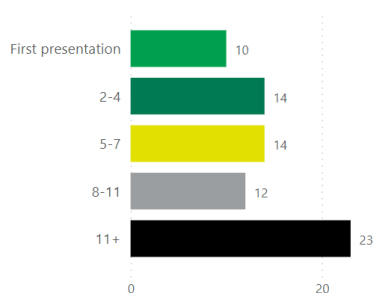
Aug 2022

Location

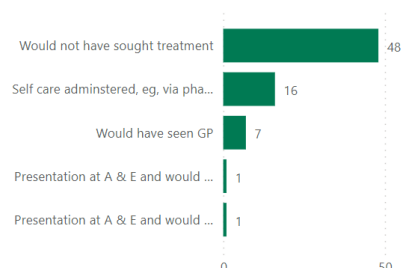
Hastings



Number of Presentations in Last Six Months



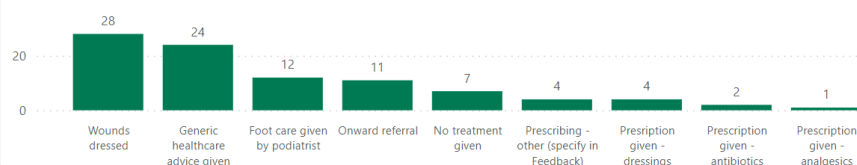
Likely Outcome if SJA Not Present



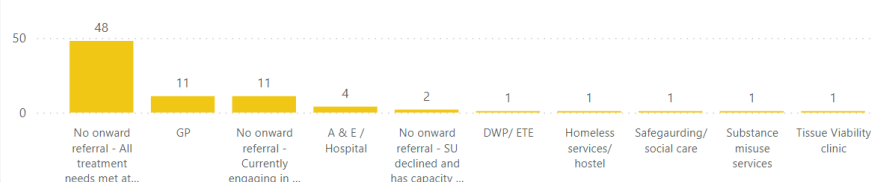
Reasons for Presentation



Treatment Outcomes



Onward Referrals



For more details about any aspects of the Hastings Homeless Service, please contact SussexHomelessService@sja.org.uk / 01424 435358



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Hepatitis C Liver Clinics

On the 28th July 2022 was World Hepatitis Day. This involved many events to raise awareness of Hepatitis C across Sussex. In Hastings, the week focused on testing those in drug and alcohol centres as well as temporary accommodation sites. In Brighton, The Major Lizzie Deane gave a talk on the pier and helped our team raise awareness for Hepatitis testing.

World Hepatitis Day is an annual event to raise awareness of testing to help meet the World Health Organisations (WHO) aim to eliminate Hepatitis C across the world by 2030. Hepatitis testing is easily carried out via a finger prick test in which other viruses such as Hepatitis B and HIV can also be tested at the same time. The problem with Hepatitis C, is that it often has no symptoms and if untreated can cause liver damage including liver cancer. It is most commonly spread through intravenous drug use, but other causes could be tattoos, sharing other drug paraphernalia and blood transfusions prior to 1991.

Seaview Project has helped the running of weekly liver clinics for the past year with Dr Adele Mourad. It has involved a weekly drop in clinic where service users have access to Hepatitis B, C and HIV testing as well as a liver scan to assess their liver health.

This is all part of the END-C research study which aims at Hepatitis C elimination in the homeless population of Sussex. The study involved centres from Hastings, Eastbourne, Brighton, Worthing and Bognor Regis. The regular weekly drop-in liver clinics will be closing by the end of September. Service users already known to clinic will have continued follow up and no interruptions to their care. Any new service user that wishes to have Hepatitis testing or treatment can contact a worker at Seaview who will liaise with both Craig our peer support worker at Hep C trust and Natasha a Hepatitis Nurse.

Craig & Dr Adele testing in temporary accommodation in Hastings



Mayor in Brighton raising awareness with the Hepatitis Trust

Alcohol Outreach and Healthcare Service

For some years there have been gatherings of people street drinking in Hastings and St Leonard's, and some of this community attend Seaview. We were fortunate to receive some funding to respond to members of this community and continue our work, trying to encourage members of this community to find other more rewarding and creative ways of spending their time.

This service was launched early in the Summer and a team of three, Hollie, Jade and Linda are dedicated to engaging local street drinkers, helping them to access essential healthcare appointments, structured alcohol treatment and a range of wellbeing activities.

When we ask people why they drink or use drugs, a popular response is that it helps them to relieve boredom. In response to this, our team work with people on a one to one basis to understand more about their interests and their strengths and they introduce them to activities and groups that can help relieve boredom and help them to explore the possibilities beyond a life of heavy drinking.

The health risks associated with heavy drinking are great and so the team support clients to attend various healthcare appointments and screening which can reduce the harm caused by alcohol and, in some cases, can result in them wanting to cut down or even stop drinking.

Our team understand that change can be hard and it doesn't happen overnight. We are having some success by being a trustworthy and dependable presence on the streets where people are aware that help is at hand whenever they want it.



Stella Dore Giles Duley Exhibition Visit

Stella Dore gallery owner Steph Warren gave Seaview clients a private view of their current show by artist Giles Duley.

Clients were completely inspired by the stories behind the beautiful portraits and began sharing their own experiences with Steph.

It was wonderful to engage with art and stories from a local gallery space and be welcomed into such an exciting space.



Module 471 & Barefoot Opera

I'm Lucy Mulgan. I work regularly with the wonderful Seaview Choir as part of Barefoot Opera. For my latest project Module 471, a brand new sci-fi comedy opera which premiered in London in August, I needed a fun and funky chorus for the audience to sing. I wanted this new opera to include something written with a community group - linking the music and words between me as composer and the audience. So, who did I ask? The awesome Seaview Choir, that's who!

Singer Sarah Dacey and I spent a fabulous session with the choir writing and choreographing our Federation Anthem. The audience loved it! Words were projected on the big screen in the theatre. Led by the gallant space-crew, the audience quickly joined in - they sang, they smiled, they embraced the fantastic writing of our Seaview Outpost.

We are very hopeful that Module 471 will make it to the South Coast in 2023 so we all get a chance to perform it together onstage!

A watch party for everyone to view and enjoy Module 471 at Seaview is being arranged, please speak to Jodie for more information and keep a look out for the date and time on the overhead information screen in the Wellbeing Centre.

**"a neat opportunity
for audience
participation"**

- The Stage UK

Barefoot Opera News

Barefoot Opera are also working with the Seaview Choir on a new opera called Cenerentola (Italian for Cinderella), a comedy production with a twist that will be performed at St Marys in the Castle on 14th October.

For Seaview service users who like singing, please do consider getting

involved, Barefoot make the sessions fun for all and want to give everyone the chance to join in. If you are interested please speak to either Jodie, Tom or Lily from the Seaview RADAR team and they will tell you more.

Rehearsal dates for Cenerentola with Barefoot are at Seaview on Fridays at 11am:

- Sept 16
- Sept 23
- Sept 30
- Oct 7
- October 14th

performance at St Marys in the Castle

Please note there will be an extra rehearsal date on Thursday October 13th at St Marys in the Castle at 5pm.

For those who need it, Seaview can help with travel to and from the venue.

SAVE THE DATE

SEAVIEW AGM

Wednesday 23rd November at 3pm

**Seaview Wellbeing Centre, Hatherley Road, TN37 6LB;
guest speaker to be announced.**

ALL WELCOME



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Harm Reduction Project

Do you live in TA (Temporary Accommodation)?

Do you have substance misuse and other support needs?

Do you want to get involved in activities?

We are Michele, Tara & Colin and we are launching a new service at Seaview to support those exclusively in Temporary Accommodation (TA) across East Sussex. We will be supporting those at every stage of their recovery journey, whether they are just starting to think about making a change or those who have already achieved some success in getting off drink or drugs altogether. We will support people with associated complex needs too. The aim of the project is to reduce the harm caused by alcohol and drugs by supporting clients to engage in meaningful and supportive activities. Whilst having focused time away from drinking and drug use, they can develop skills they need to help integrate into the community. The programme is based around the 5 ways to wellbeing:

- **Connect with other people**
- **Be Physically Active**
- **Learn new skills**
- **Helping others**
- **Take notice**

The Activities will be client centred, responding to feedback about what their assets are and building on their strengths. Groups and activities may include:

- **Gym**
- **Art Group**
- **Football**
- **Job skills club**
- **Various courses**
- **Cookery**
- **Various themed Groups**

Alongside these, we will be providing specialist harm reduction advice and information to people with substance misuse and other complex needs. Clients will be signposted to a wide range of education, training, employment and wellbeing opportunities to enhance their recovery journeys. We will also act as a sign posting service for needs that cannot be met directly by the service, e.g. – financial difficulties, structured substance misuse treatment, housing issues, mental health services, medical services.

We are all really excited to get this project off the ground, as-well as being able to offer this service to our local community while branching out county wide.



Michele



Tara



Colin



Seaview's Kitchen

Massive congratulations to our amazing chef Lynton for 5 stars from the food standards agency last week. Lynton continually provides up to 30 tasty nutritious meals every weekday. His roasts are to die for, as well as his homemade quiches, curries and steak pies. Veggie options are always on hand. Trust me, you haven't lived if you have never had a piece of his banoffee pie or lemon drizzle cake all made from scratch. And these are a very small selection of the wonders Lynton can create.

Lynton has been a dedicated team member for 12 years delighting everyone with his culinary skills, day in, day out. He can provide between 80 and 120 Christmas dinners barely breaking a sweat. Imaging that. His journey throughout the years has seen him experiment and grow into a truly remarkable chef.

Lynton not only cooks delicious lunches and puddings for our service users in the centre, but also provides nearly a hundred meals for those living in temporary accommodation that have no cooking facilities.

Thank you Lynton for all you do.



Thank You!

We would like to extend our gratitude to all who have donated items to Seaview. Donating to Seaview makes a significant impact and reaches those who are most in need.

Special thanks go to local food providers **Half Man Half Burger**, **Milk n Hustle**, **The Sleeper Store** and others for donating food, helping directly those who are in need and often very hungry and in turn reducing food waste. **Morrisons** and **ASDA** too for allowing us to have a food collection site at your stores.


Seaview is keen to accept clothing especially small sized underwear, pants are the biggest ask; essential small items for setting up a home such as kitchen goods and non perishable food is in demand too.


If you think you have something to donate please contact us 01424 717981 or admin@seaviewproject.org.uk and rest assured your donations will reach those who need them most. Unfortunately we cannot collect items.

ONLINE DONATION PLATFORM OPEN NOW!

WE APPRECIATE ALL OF YOUR KINDNESS AND SUPPORT. SCAN THE QR CODE TO MAKE A ONE-OFF DONATION OR CLICK THE LINK BELOW!

<https://app.donorfy.com/form/DXULO303P3/NAB1A>





Seaview's New Website



Our new website is officially live and can be visited via www.seaviewproject.co.uk

You are cordially invited to the SEAVIEW 

CAROL CONCERT

3rd DECEMBER 2022 at 5pm
St John the Evangelist,
Brittany Road, St Leonards.

Performances by

- * Sound Waves Community Choir
- * Now and Then
- * Shady Pines
- * Seaview Choir with Barefoot Opera

Please phone 01424 717981 for more information.

Collection in aid of SEAVIEW 



Contact Info:

✉ admin@seaviewproject.org.uk

☎ 01424 717981

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