

# THE seaview NEWS LETTER

practical services for complex lives

 **seaview**  
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WINTER 2022



## A Winter of Transformation

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It has been a hard winter in many ways for most of us but we got through it together. It feels re-assuring to be experiencing those signs of spring as we bid farewell to the winter of discontent!

The cost of living crisis has affected us all especially those people that we serve who are barely coping on the lowest incomes. Our team has risen to the many challenges of supporting ever more numbers of people while facing many challenges themselves.

Amidst the crises there has been a lot of transformative work going on which is really encouraging. East Sussex Mental Health strategy is well underway and there have been some really interesting and informative meetings on this theme.

From Harm to Hope outlines much needed investment in the substance misuse field and Seaview clients have been consulted about the local strategy.

While extending two of our services across east Sussex to Eastbourne, we have plans to offer our services where health inequalities are affecting local people while maintaining our services locally in Hastings and St Leonard's.

It has been really inspiring to work with so many other organisations in East Sussex who are doing some amazing work and supporting those living on the margins of society. Working together is key to ensuring that everyone can access equitable kinds of support when they need it.

The Christmas Carol Concert was a wonderful celebration and we are grateful to everyone who supports the charity, at this event and all year round.

I hope you enjoy reading this latest edition to find out what's been going on!

**Dave Perry, Chief Officer**



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## Christmas Dinner at Seaview

Once again Christmas dinner at Seaview was an outstanding success. As usual the Wellbeing Centre was decorated brightly by our service users and the tables were laid out with tablecloths, crackers and sweets. We provided over 90 meals. This had to be done in three sittings to ensure everyone was able to enjoy a hearty Christmas turkey or nut roast dinner with absolutely all the trimmings, followed by mince pies and cream. Our remarkable chef Lynton worked tirelessly, but somehow made it look effortless. Mind you, he had spent the three previous days preparing for the big event. A team of volunteer elves ran around ensuring serving went smoothly and everyone had a wonderful time. We were even able to take 14 meals to those in temporary accommodation who have no cooking facilities.

Everyone won a prize in the free raffle and the wonderful Seaview Choir graced us with some amazing festive melodies. The centre was heaving and it was a great atmosphere. We would like to thank all the people who donated to make it such a special day, along with volunteers and staff who made the whole event very jolly indeed.



## Christmas Carol Concert

On a cold winter's night just before Christmas, Seaview invited the local community to our annual carol concert at St John the Evangelist Church. The evening started with a captivating performance from Father David showcasing his powerful operatic voice. The concert went on to feature the all women group the Shadey Pines choosing to sing meaningful songs such as Elisa Keys, A Beautiful Noise, soon after followed by Sound Waves Community Choir performing traditional Christmas songs. The hugely enjoyable concert ended with the headline act, the Seaview Choir, featuring Seaview service users and members of Barefoot Opera, blowing the roof off the church with traditional Christmas songs interspersed with facts about homelessness. The church was full to the rafters and the congregation gave generously, donating just over £1000.

Refreshments and homemade Christmas fayre were served after the concert and it was a chance to catch up with friends and supporters of Seaview as well those who had come for the first time.

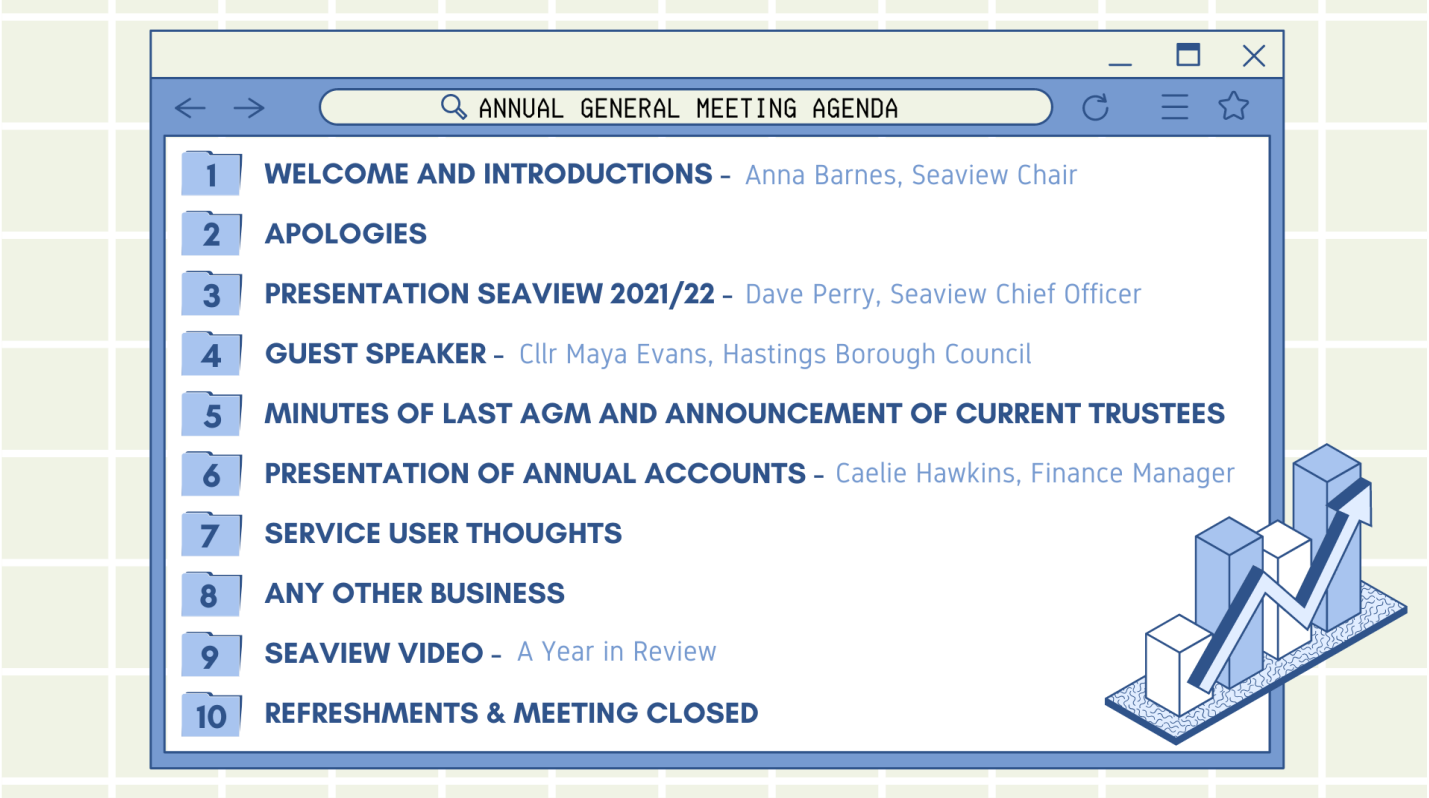
Seaview would like to thank everyone who took part, the church, organisers and everyone who gave so generously. As we face the cost of living crisis alongside increasing cuts in public funding, community fundraisers such as the carol concert go a long way in helping Seaview to continue its services.

A short video of the concert made by local film maker Nick Bloomfield can be seen here: <https://youtu.be/5VNniTw3TY4> or via the Zap code on the left using the Zappar app.

Please save the date and come along to this years' concert on December 3rd 2023 at St John the Evangelist, SLOS, TN38 ORD at 5pm.



# Seaview's AGM



Seaview's AGM looking at the year ending March 2022 took place on Wednesday 23rd November, with guest speaker Councillor Maya Evans giving a talk about the landscape of inequality and social issues in Hastings whilst answering staff and service user questions. We also had an unforgettable performance from the Seaview Music Group band 'Dusty Lilac', who performed an original song called 'Is There Anyone Out There?'.

This AGM was really an unforgettable afternoon, and we thank all of our wonderful Seaview friends, supporters and partners in the community who attended the event and made it so special! If you missed it, no need to fear! You can find the livestream here on Facebook: <https://fb.watch/jj7NsRqfId/>

Above is the agenda from the day, which will transform into a clip we showed at the AGM; a review of all the exciting activities and events held at Seaview over the past year. You can watch it by scanning the codes below using your phone!



Scan the code above using the 'ZAPPAR' app on your phone to view our Thank You Day video on screen, or the QR code below to be redirected to the video.





# Interview with a Trustee

## Marie Casey

### What does it mean to be a trustee?

For me, it's to support an organisation I believe in - to grow, develop and meet the needs of the people they're there for. Using my skills and knowledge to support the organisation!

### Could you delve deeper into your charity background?

I started as a careers officer, then I went and worked with a charity for young people and trying to keep them out of prison, supporting them with a lot of 1-1 work. I came down to Hastings and ran Hastings Voluntary Action (HVA), at a time of transition. I found myself helping to develop the drug and alcohol services that are in the community now. I also did a lot of work in developing advocacy services and advocating for those who were not able to speak up for themselves, developing a mental health advocacy service with HVA.

**"Seaview is all about trying to compensate for a lot of the social injustices people face, and promoting that"**

### What interested you in becoming a trustee for Seaview?

I've worked in Hastings since 1989, and met Anna first when Seaview was being ran out of a church! At that time, there weren't many voluntary organisations around, so I gravitated towards the ones that were there. When at HVA, I was involved a lot with supporting Seaview as part of a voluntary support network. After HVA, I chaired the Primary Care Trust (PCT) in Hastings and St Leonards, working with Seaview again to reduce health inequalities and bringing health into the community.

### What does your role as a trustee look like?

I'm part of the fundraising group working with staff and other trustees as I've had a lot of experience of funding bids and funding sources. I also support Seaview with strategic planning, something I've done a lot in previous work. I also negotiate a lot with commissioners. My last job was with an advocacy service that I set up, and we had lots of contracts with commissioners across the South of England. I also offer support to the staff, particularly management - again using my knowledge and experience to try and help.

### What's the best advice you'd give to someone thinking about becoming a trustee?



I think becoming a trustee, there isn't really a set role and each organisation works with its trustees in different ways. A lot of organisations expect trustees to be very hands-off and not come to meetings, but Seaview isn't like that. They encourage trustees to get more involved in the organisation. I'd say to people who want to give their time, expertise and experience to Seaview that there is room for that and they welcome that kind of involvement.

### Is there anything you'd like to add?

For me, there's been a thread that's kind of gone through my jobs. When I was a careers officer I worked a lot with unemployed kids out of the system, and when I chaired the PCT I saw a lot of health inequalities. I think for me advocacy is about giving people rights and justice, so for me social justice has always been the thread throughout my jobs. Seaview is all about trying to compensate for a lot of the social injustices people face, and promoting that. So that's why I'm here!







## Project ADDER

Seaview is commissioned to provide a Project ADDER outreach and engagement service to the most vulnerable and hardest to reach. Through ADDER, Seaview works within a multi agency team to provide a package of support and care to those who experience crack and opiate dependency.

The Seaview ADDER team offer information, advice and support at The ADDER HUB. The HUB which is based in the town centre is where the Seaview ADDER team help facilitate the Men and Women's Groups that take place there:



ADDER HUB MENS Group, Thursdays 10-12pm offering harm reduction advice, warm drinks and food, therapeutic colouring, acupuncture and more.

ADDER HUB WOMENS Group Thursday 12.30-3.30pm in partnership with the womens and families charity Oasis, offering arts and crafts, food and drinks, hypnotherapy, the OASIS SWOP (Sex Worker Outreach Project) Worker is available to offer 1-1 confidential advice and support and the Seaview ADDER team help facilitate entry into drug treatment alongside offering harm reduction advice and information

To find out more, please contact Seaview!

## Digital Inclusion Work

We are now up and running with our digital inclusion project again with Josie, and are lucky enough to have the tech savvy Tom Fryer and Sinead on hand to help out with everyone's digital needs. This is a vital service for our clients as it assists them in keeping up with the ever changing world of technology which can move so fast.

We are currently making a resource for people to access support with wellbeing, recovery and much more! Make sure to watch this space...

## Women's Group

The Brighton Women's Centre and Seaview co-host a women's group at Seaview once a week. It provides a women only safe space for self-identifying women to attend. It's run on Wednesdays 2.30-4. It has been open for about 8 years with a break to adhere to COVID regulations during lockdown.

The women's group provides women with essentials like toiletries, bread, cakes and clothes available from the Seaview store. The idea is that women can come to get help with housing issues, emotional support, advice around benefits and peer support. Women can get support with using computers, phone calls or just enjoy the friendly company with a cup of tea.

"I enjoy the company – it's good vibes! I enjoy the treats (i.e. bread, toiletries), but most of all it's nice not having any men around."

"It's women's group in particular that I look forward to each Wednesday. They spoil us with a free hot drink, free toiletries and bread, all of which are kindly donated. We even have bagels sometimes! Women's group is totally different because a space without men creates a different atmosphere altogether, it's a free place to be and make friends. It's also a safe space to be as we are looked after in all respects. I'd be disappointed if women's group were to stop or close, so carry on with it please!"



# Harm Reduction Programme

The Harm Reduction programme at Seaview has been put in place by our team of Harm Reduction specialists to support those who are living in Temporary Accommodation and struggle with substance misuse and complex mental health difficulties. Life is challenging in temporary accommodation and we don't only offer a sign posting service to help people overcome barriers to living in TA, but we give specialist harm reduction and diversionary activities support too. A large part of the work we do is supporting people to move towards their personal goals, activities that bring enjoyment and past missed dreams.

## Group Activities

We have had a really busy few months reaching out to people in need in Hastings, Bexhill and Eastbourne. Here is just a few of the things we have been involved with!

The county wide cooking group that we have set up in Seaview once a week and in TA in Eastbourne once a week has been really popular, many have enjoyed learning to cook their favourite recipes and been given equipment for their TA accommodations to be able to make the recipes at home. Many have received air fryers and are now able to eat better and make nutritious meals.

Tuesdays 2pm @ Seaview in Hastings

Wednesdays 2pm @ The Colonnades In Eastbourne

Our county wide clay modelling has proved to be really popular too, we have seen many things made from candle holders to name plaques. Clients have used their imaginations and come up with many unique items.

Tuesdays 10am @ Seaview in Hastings

Wednesdays 11am @ The way (Seaside road) Eastbourne

We have supported Paul with his goal of building his own bike, with the help from Matt @bikelabhastings, he has now made his own bike from scratch and has now volunteered his support in helping others make their own bikes.



Paul and his Bike



## SEAVIEW PROJECT ACTIVITY TIMETABLE

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00		<b>ART GROUP</b> CHRISTMAS DECORATIONS SEAVIEW PROJECT ST LEONARDS ON SEA 10AM - 12 PM			
11:00			<b>STORY WRITING</b> THE WAY EASTBOURNE 11AM-1PM	<b>POETRY</b> ARDEN HOUSE BEXHILL 11AM - 12PM	<b>GYM</b> SEAVIEW PROJECT ST LEONARDS ON SEA 11 AM-12PM
12:00	<b>ART GROUP</b> CHRISTMAS DECORATIONS THE WAY EASTBOURNE 12-2 PM				
1:00			<b>PHOTOGRAPHY</b> SEAVIEW PROJECT ST LEONARDS ON SEA 1:30 - 3:30 PM		
2:00					
3:00	<b>WALKING GROUP</b> LITTER PICKING COLONNADES EASTBOURNE 2:30PM-4PM	<b>COOKING</b> SEAVIEW PROJECT ST LEONARDS ON SEA 2-4 PM	<b>COOKING</b> COLONNADES EASTBOURNE 2-4 PM		
4:00					

ALL GROUPS INCLUDE HOT DRINKS AND CAKE & BISCUITS!

Please contact Michele for more information by [m.laurens@seaviewproject.org.uk](mailto:m.laurens@seaviewproject.org.uk) and 07498 850 408.

\* Poetry group is for Arden house residents only



# Cost of Living Crisis

**citizens  
advice**

**1066**



As we are sure you are all aware we have seen the cost of living soar over the past year. With the price of food increasing and energy tariffs going through the roof, the Seaview service users have been hit hard. We work with those on the margins of society who have experienced extreme poverty and can be the poorest in the community. This may also go hand in hand with inadequate heating and insulation in their properties, as well being on 'pay as you go' meters that come with the highest tariff.

Seaview is very pleased to be able to help wherever we can. We were lucky enough to secure a small pot of household support funding to help those who were finding it hard to cope financially. This could range from topping up electric and gas keys, purchasing white goods and smaller bits of equipment that can help reduce the cost of their energy, such as air fryers or slow cookers.

Unfortunately it was only a small pot, but we are able to refer to our partner agencies, such as CA1066 and Energise Sussex Coast, who can offer further advice and support on how to survive fuel poverty and the cost of living crisis.

## RADAR Update

The RADAR team are exploring service user's talents this month, preparing them for our upcoming Seaview's Got Talent show. The show will include music, readings, comedy and more. This will be our 9th year of Seaview's Got Talent and we're hoping our best yet.

Tom from the RADAR team has been leading service users in a weekly signwriting group and together they've created 4 original songs. On Thursdays Tom's music group has formed a band that practices the songs and will be performing as part of the show.

On Fridays Jodie leads the choir and will be collaborating again with the brilliant Barefoot Opera on more musical numbers.

On Mondays Imogen White is collecting stories from service users. We will grow some into stories and poems that we hope we can support service users to perform. We have been working one to one with clients that need extra support in honing their talent and encouraging staff to get involved, too.

This year is exciting because we will be doing two performances, one in house at Seaview 19th April at 2.30pm open to all and a second performance at Eggtooth's The Nest, in the Old Town on Friday 28th April at 7pm at The Nest where it will be necessary to get a free ticket via the Eventbrite site here [shorturl.at/xPRT7](https://shorturl.at/xPRT7) as there are limited places.

Other projects we have going on include collaborating with Town Explore a Book which will engage clients in a number or in house workshops that will explore the ideas of masks and identity. The art work created will then be displayed in Seaview as part of the festival.

In Eastbourne we have two drop in groups up and running, the groups offer art and activities as well as the offer of one to one support with peer workers who can offer fantastic support based on lived experience.

As with all our projects and events, the work we do is centred on meeting clients where they're at and engaging them in activities with the aim of activating recovery. We model our work around the Five Ways to Wellbeing and look for solution focused ways to energise our service users. It's always a pleasure to invite the public in to celebrate the journey of some of our service users and tell them more about what we do. We hope you can make it to some of our upcoming events.





DENTAID DATES

13th April

20th April

11th May

25th May

8th June

22nd June

Seaview's Got Talent 2023

It's that time of year again! We are so excited to announce the two dates of Seaview's Got Talent, the first one being Wednesday 19th April at 2.30pm at Seaview, and a second date at the Nest in Hastings Old Town on Friday 28th April! Both of these events are free to attend, however tickets for the Friday event at the Nest will need to be booked as we have a limit on the number of attendees that can fit inside the venue.

Seaview's Got Talent is an incredible opportunity for our service users to display and exhibit the incredible talent they have, from poetry and music to comedy and much more! It's also a great opportunity for our friends and supporters to understand more about the work we do at Seaview and why it is so important.

This event is really special and one you won't forget. Don't delay - save the date!!!

SEAVIEW'S GOT TALENT



FRIDAY 28.04.23 7PM

@ THE NEST, HASTINGS

You are cordially invited to join us on our celebration of recovery for a night of music, comedy, poetry and much more... With incredible talent from our service users and a very special guest, this is certainly an event you don't want to miss!

BOOK YOUR FREE TICKETS ONLINE:  
[shorturl.at/xPRT7](https://shorturl.at/xPRT7)  
OR CALL 01424 717981 TO BOOK

The Nest,  
The Old Town Hall,  
Hastings,  
TN34 3EW



19

APRIL

2.30 PM

SEAVIEW'S GOT TALENT



IN THE SEAVIEW WELLBEING CENTRE

ADMIT ONE



## People's Project

**"Yeah, I remember Angela Langsbury – Bedknobs and Broomsticks was the first thing I ever watched in the cinema. There were 10 of us taken from the children's home – and there were just oil lamps in the cinema, no electrics, and a guy in the pit playing the organ before the film started."**

**"I really want to go to Jamaica and see where Bob Marley lived. My friends are going to take me there – I just need to get my passport sorted. I'm going to stay in Kingston Town and then go on a boat where they cook for you out at sea."**

**"When I was 12, I got in the papers as Hastings Best Boxer – there was a picture of me next to all my trophies. I joined the Sussex team after that. I travelled all over the place, to the Rhonda Valley in Wales, and all sorts."**

**"I'm a graffiti artist now – and I sell work now too. When I got made homeless, rather than asking, 'can you spare any change' all the time, I started painting artwork and selling that on the streets instead. One day a lady gave me a tenner!"**

**"My dad was a fisherman and when I got kicked out of school at 14, he got me a job on his boat too. I was seasick for the first 6 months. As a 'Third Hand' I only got paid a third of what the others got, but when I turned 15, I got the same wage as them. I spent six years as a fisherman. My picture is even in the Fishman's Museum in Hastings. When I showed it to my son, he said, 'Wow, dad. You are in a museum, and you aren't even dead yet!' Ha ha. Cheeky."**

**"I'm starting a creative writing course next month. I used to do loads of poetry – it was like my form of expression back then. But I stopped that ages ago. I used to find putting words together hard – but when I put pen to paper, things just flowed somehow."**

## Mask Making Workshop

The Seaview Project supports people with complexed needs, our clients often feel unseen. Through Seaview's Masks clients will be exploring the ideas of masks and perception, how we feel we are viewed by other versus how we see ourselves. Drawing on Mary Seacole's experience of prejudice and perception, as well as our own, we will create large abstract masks to display in Seaview.

Seaview will be open to public to view the artwork, join in with mask making and learn more about Seaview on Thursday 6th April and Friday 7th April, 4-6pm

Seaview is closed to children.



## Contact Info:

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☎ 01424 722601

## Stay in the Loop:

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