

THE seaview NEWSLETTER



seaview

Where health, wellbeing and housing matter

SUMMER/AUTUMN
2023



Seaview • Southwater Centre • Haltherley Road • St Leonards on Sea • East Sussex • TN37 2LB
T: 01424 717981 • F: 01424 722601

WELCOME

Anna Barnes Seaview Chair

Just a few words from me, welcoming new and old readers to the Newsletter.

I hope you find it as interesting as we do on the Board of Trustees.

Even though we all pop in regularly it is hard to keep up with every activity which takes place in the Wellbeing Centre, as well as our various outreach services.

The list of activities described here is impressive and shows how much work the staff and volunteers put in to enable people to begin their individual recovery journeys.

The more we can offer, the more chance something will grab someone and help them realise that there is something worth engaging with.

We could not do all this on our own, of course. We are a small charity, and we can only offer the range of responsive, easily accessible services by working with other organisations.

I would like to take this opportunity to thank the organisations we work in partnership with.

No man is an island, as they say, so thanks to everyone for helping us to provide such a valued and varied range of services.

Anna Barnes

Seaview Chair



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People often ask what does Seaview do, what is it all about?

Seaview is an independent charity established to respond to local need. In existence for 37 years, Seaview offers a range of services to meet the needs of those who experience a range of isolating and complex issues. Our mission is to relieve the effects of poverty, sickness and distress of people in need in the Hastings, St Leonards, Eastbourne and surrounding areas. We work with people who feel they are living on the edge of society and who believe that there is little hope for their future. We aim to keep people safe and remain agile to respond to those who are most at risk. Seaview staff take time understanding and validating those who tell us they feel ignored and forgotten in the community. Seaview works with around 1600 different people each year and provides a range of integrated services:

Wellbeing Centre -

An open access centre based in St Leonards On Sea. The Wellbeing Centre is a vibrant place that is all about meeting people's basic needs and helping them to achieve their full potential. We have a 'can do' approach, building people's strengths and supporting on issues around mental ill health, homelessness and tenancy support, general health and benefits. The Wellbeing Centre offers freshly cooked lunchtime meals, laundry facilities, clothing, showers, free telephone and computer suite with wifi and much more. Almost all of the Wellbeing Centre services are free however the meals and laundry facilities are subsidised as we encourage people to manage their money to afford food and clean their clothes.

DIGITAL INCLUSION -

To ensure our service users are not left behind, we offer digital inclusion support by way of coaching in email use, apps, internet searches, use of devices alongside setting up universal credit and pension support accounts

People Often Ask What We Do

RECOVERY SERVICES

RADAR – a peer support service offering 1-1 support and group activity. The team is led by people with lived experience, and they work with those who experience co-existing mental health and substance misuse issues. RADAR supports people to step onto a pathway of recovery in a way that is client led and at the individuals own pace. RADAR uses creativity, arts, music, personal reflection and peer support, ideas and activities to initiate the programme of recovery. It is within the RADAR team you will find the Seaview Choir, Music Group and the organisation for the iconic Seaview's Got Talent which takes place each Spring.

Alcohol Outreach - Providing specialist harm reduction and recovery support to members of the street community with alcohol misuse, addiction and complex needs who are not linked to support services. We also work with new clients who are generally concerned about their alcohol consumption.

Project ADDER Outreach – The service targets crack and heroin users who are not in treatment and encourages them to engage in structured treatment while improving access to accommodation, training, employment and activities that promote wellbeing. Working within a multi-agency partnership, we provide a signposting service to drinkers and other drug users who have complex needs including poor mental health, homelessness and disabilities.

Through The Gate – working in partnership to offer support to people leaving prison on their day of release, helping facilitate a smooth transition back to the community. The aim is to prevent the revolving door of reoffending, drug use and custodial sentences.

HOUSING SERVICES

Rough Sleepers Outreach Service – working in the Hastings and St Leonards area our rough sleeper outreach workers go out in the early mornings from 5am twice a week verifying and checking on the welfare of those who are sleeping rough. The team carry out daytime follow up visits 5 days a week and welcome information from the general public as to any concerns of people sleeping rough and needing support.

SASS – To ensure all Seaview's clients can access intensive Housing Support, we operate SASS (Seaview Accommodation Support Service). Seaview clients who have a history of rough sleeping and failed tenancies can self-refer for help with maintaining their tenancy. We help access grants for white goods and other essential items, support with budgeting as well as providing intensive home support.

Our services do not exist in isolation, the services are integrated to provide a holistic package of care for those who need support.

If you would like to access our services please visit the Wellbeing Centre or contact us on 01424 717981 or email admin@seaviewproject.org.uk For more information please visit www.seaviewproject.co.uk

HEALTHCARE

GP - We have a visiting GP every Monday morning offering open access appointments.

Dentaid – Regularly visiting Seaview, appointments made by phoning and open to those who are struggling with homelessness or substance misuse issues, Please follow our social media pages to find out when Dentaid will be visiting next or call 01424 717981.

St John Homeless Healthcare Service – regular clinics at Seaview offering primary healthcare and first aid, see SJHHS article in this newsletter for more information.

Did you catch us on the TV and radio?



Anna Barnes,
Seaview Chair on
BBC Radio Sussex



Dave Perry,
Seaview Chief
Officer on
BBC Radio



Discussing Project
Adder on Channel 4



Dave Perry,
Seaview Chief
Officer on
BBC Politics



Dave Perry,
Seaview Chief
Officer on
BBC News

Catch up by following this link to our News page on our website!



A Town Explores A Book

RADAR collaborated with A Town Explores a Book on an accessible workshop that created the artwork that became the Seaview's Project's exhibition based on the Wonderful Adventures of Mrs Seacole in Many Lands by Mary Seacole.

RADAR supports people with complex needs, clients who are marginalised and often feel unseen. Through the workshops, clients explored 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 supported clients in creating large abstract masks to display in Seaview and collected words and texts to accompany the images.

Local author Imogen White returned to Seaview to capture the clients voices in this project. Using the theme of masks and the questions that sprouted from that, Imogen was able to create powerful voice recordings from our service users that became the focus of the short video created.

Sentences from clients also hung from Seaview's ceiling in powerful statements, suspended among the giant 6 foot masks. The masks became portraits of our clients stories, one depicted homelessness, another a story of recovery. One mask challenged the judgements of other and the words tied it all together powerfully.

Seaview opened to the public to view the artwork and learn more about RADAR and Seaview. It was a great opportunity to get local people through the door who had never set foot in the building before.

"I had such great fun making my mask with other clients and staff. I found out I had a mask on for 18 years due to alcohol and drugs. I hid behind my mask. Now I can shine and don't have to wear a mask like I used to."

-Heidi Klap, service user



"A beautiful reflection of the tenacity and creativity of everyone at Seaview, the incredible service users should be proud of themselves."

"This is a fantastic exhibition with a clear sense of team work at the heart of the work"

- Mayor of Hastings

"I got to finally learn what Seaview and RADAR are all about via this project."

"Such incredible hard work, passion and creative skills have been put into creating this incredible art work"

-Cllr Margi O'Callaghan

"Stunning, impactful exhibition, the emotion of the work is so powerful. So much conversation has been provoked."

What a night!

This summer, our incredibly talented Seaview choir took to the stage once more for a sparkling reworking of the classic fairytale Cinderella. La Cenerentola is a revised, remixed and re-energised version of the traditional tale- portraying a family with total disregard for the earth's resources and absolute obsession with social media.

Performing to a SOLD OUT audience at St John the Evangelist Church was just a mind-blowing experience for all. The energy and excitement in the church was incredible! We had an absolute blast getting to represent Seaview and perform as a team.

Thank you so much Barefoot Opera for all of the hard work you put in to creating such a spectacular night!



SEAVIEW'S GOT TALENT

Seaview's Got Talent returned, celebrating the recovery and talents of our service users and creating uplifting community events. This year was special because there were two shows, one in house at Seaview and a second at The Nest in the Old Town. The performances included, music, comedy, poems, readings, videos and more. This year was unique in that Tom, who runs the RADAR music groups with the clients, has created Seaview's band, The Dusty Lilacs. Tom supports the band to write and produce all their own music. And Jodie who had been in RADAR from the very start, co-creating projects and supporting clients, has been leading on Seaview's Got Talent, which is now in its 6th year!

Our aim within RADAR is to support people into recovery, we do this loosely through the five ways to wellbeing and mainly through music and art. We all know the feeling of getting lost in music and how transformative it can be. We all know how art can become its own language, used to heal or reveal things we might otherwise keep close. We work through these mediums in hope of accessing transformation and connection with the music and art made here in Seaview.

Seaview's Got Talent is a celebration of recovery. The RADAR team know that recovery isn't always linear, our support has that in mind and our non-judgement is deep rooted. We understand the vulnerability and trust it takes to engage in these activities and services.

The performances this year were spectacular and our biggest thank you goes to our service users, for turning up each week and trusting us enough to create with us, we know it takes guts. We're grateful to them for joining us in projects that last weeks, sometimes months and for being so supportive of each other and making it fun along the way.





We had the support of Barefoot Opera collaborating with our choir, joining for rehearsals in the months leading up the event and lending their expertise and enthusiasm. We were also privileged to have alongside the choir for rehearsals and performances the well known Jazz Singer Liane Carroll. The RADAR team supported each client to be ready to perform, we talked through their fear, worked on their performances with them and tried to grow their confidence.

The performance at The Nest was a new challenge for RADAR. A lot of planning went into it running seamlessly and everyone went above and beyond to represent Seaview in the best possible light. Travel and catering were provided for clients and it all went well.

Both events were a success. Clients were particularly grateful to perform at The Nest. It was exciting for them to have a full house. The Nest was a great choice of setting because our clients were instantly made to feel safe and supported in the setting.

Overall we had nearly 20 clients perform, many of which had never performed before. One client was selective mute, she worked with Jodie on her words beforehand and Jodie read the words on her behalf while she accompanied on stage.

We are all excited to do it all again next year.



GOODBYE

TOM FRYER

This month we say goodbye to Tom as a member of the RADAR team, his music groups have been transformational to clients and he will continue to be part of Seaview music in future ways.

Tom joined the RADAR team a year ago with an understanding of music and a creative energy that has rippled through the clients and the rest of the RADAR team alike. He quickly became an integral part of the team bringing a philosophical and grounded element to the service.

The strides he's made in a short time to understand and connect with clients has been profound and he will be greatly missed.

Tom's main work has been the music group, in which he created Seaview's band, The Dusty Lilacs. Through Tom's groups the band have written original songs, co-created by the service users and covering topics including identity, addiction and belonging. There is a depth of healing and connection that can be felt in each song.

The greatest testament to the effectiveness of the group is the fact that all its members are currently in active recovery. "This music is my recovery," clients have said.

The band have performed a number of times, most notably at The Nest as part of Seaview's Got Talent, which was a huge success.

As a team member we couldn't have asked for more. Tom is a natural at helping and supporting people, finding the gentlest approach, seeing things from all angles and articulating his perspective in a way that's easy to understand. He's helped us grow as a service and kept us laughing along the way.

We wish him all the best in opening his private practice, we know that he'll continue to change lives for the better. We have so greatly enjoyed our time working alongside him.



THANK YOU

A huge thank you once again to Stephen Brogan for organising another incredible movie fundraiser for Seaview! This time we had a screening of 'Eat the Rich' - a 1987 comedy directed by Peter Richardson. At this event an amazing £104 was raised!

Fundraisers and supporters are so important to us here at Seaview, we simply couldn't do what we do without you! Your continued support has allowed us to provide over 160 breakfasts, 5250 lunches and help over 1600 disadvantaged people in our community. Thank you!





106km of Silence

On Monday the 24th of July, Acacia Blake completed an incredible challenge in memory of her late brother Jethro, who sadly passed away on the 25th of July 2019 after struggling with mental health problems and addiction. Together with her close friend Melie, she walked over 106km from Camber Sands to Ramsgate in complete silence to demonstrate how some people struggle to speak up about their problems despite having a voice. This journey would ordinarily take people five days to complete but they managed it in an impressive 30 hours! They walked continuously through rain, shine and darkness with just a notebook and pen to communicate with each other in an effort to experience just some of the hardships Acacia's brother faced. Acacia recognises how important it is to address issues surrounding mental health and addiction head

on and not keep it hidden. By talking about it and raising the profile we help to ensure that people who are struggling have access to a network of support to help them recover and reach their full potential. It is as Acacia says on her Just Giving page, "People sleeping rough are valuable humans with love and gifts to give, if only they could get the right support." After completing the walk the total amount raised was a whopping £2535 which is just phenomenal. We are so honoured that Acacia chose Seaview Project as the charity to donate to. This huge amount will enable us to continue to work with and support others like Jethro.



BINGO & Curry Night!

Our inimitable Lead Rough Sleepers Outreach Worker, Mick Hillier, is organising a special fundraising event this Autumn, please come and join in what is always fun when Mick is around!

Curry and Bingo night taking place on 11th November from 6.30pm.

Mick will be serving up a freshly made curry from the Seaview kitchen followed by a fun game of bingo with prizes galore!

Cost of the event is £5 and can be paid on the night.



MEN'S GROUP

Trip to the Museum

On Wednesday 9th August the Seaview Men's Group took a trip to Hastings Museum <https://www.hmag.org.uk/>

It was great to have a change of venue and to have a look around such an interesting venue. The art exhibition was Mythomania, modern sculptures from Ian Kirkpatrick. Not to everyone's taste but certainly a talking point.

In fact the tour round the museum, following the history of Hastings from its very early days to contemporary times, sparked a lot of memories and conversations. I'm born and bred in Hastings but learnt so much from the exhibits and the conversations within the group.

The highlight of the visit was the story of Grey Owl, a controversial character, born in Hastings. He certainly lived an unconventional life to the full.

All in all an excellent morning and something we will look to repeat in the future.

John
Wellbeing Support Worker



WOMEN'S GROUP

Seaview Women Only Hub

Wednesdays 2.15-3.45pm at the Seaview Wellbeing Centre
The Women's Hub has been very popular at Seaview for several years. Even during lockdown we delivered a service; providing women with Amazon tablets and teaching them how to use the equipment so they could take part in zoom groups and meetings.

The Hub has always run in partnership with BWC (Brighton's Women's Centre) <https://womenscentre.org.uk/> who help provide support with a variety of matters, specialising in working with women who have experienced homelessness, abuse, discrimination or have been through the criminal justice system.

We now also have the women's Oasis Project <https://www.oasisproject.org.uk/east-sussex-services/> coming along to offer support to women with substance misuse issues. We are hoping to expand further on this and have other agencies join us so we can provide support in a number of areas to vulnerable women.

ROUGH SLEEPERS BREAKFAST

Thursdays 8.15-10am at the Seaview Wellbeing Centre.

The rough sleeper's breakfast has now been moved to Thursday's. The time remains the same at 8.15am till 10am. Mick, the Rough Sleeper Lead Outreach Worker, and John, Wellbeing Support Worker, will be dishing up a hearty breakfast and will be joined

by Natasha Sanderson the Specialist Homeless Health Nurse for the RSI (Rough Sleepers Initiative). Mick would have already been out at 5am in the morning checking on rough sleepers and reminding them they can come to Seaview to access help, support and of course a hearty breakfast.



ST JOHN HOMELESS HEALTHCARE SERVICE

The Hastings Homeless Service remains as busy as ever, offering primary healthcare and first aid to people experiencing homelessness or in temporary accommodation. This includes wound care, foot care, infections, minor ailments, health checks, and help to reintegrate with GPs and other NHS services.

In addition to these responsive services, we're increasingly focusing on more proactive health promotion for this vulnerable group who suffer much higher rates of ill health than the general population. Since last year we have been offering 'Health MOTs' which have proved popular; we will very soon be offering flu jabs again; and we're building an exciting working partnership with Rough Sleeping Initiative (RSI) nurse, Natasha Sanderson, with a view to extending our health promotion work to encompass more health screening checks.

We're very pleased to have broadened the range of venues we're providing services from this year, and are now operating from all of the following:

- Warming Up The Homeless (Priory Street, Hastings),
- HUG (Homelessness Unity Group drop-in, Bexhill),
- Safehaven Men (Robertson Street, Hastings), and of course Seaview – a strong partnership which will turn 20 years old this November!

Our current nurse-led clinics at Seaview are now on Monday afternoons, Tuesday mornings, and Friday mornings, where we work closely not only with Seaview and the RSI, but also with a number of other agencies, including CGL/STAR, ADDER and with the GP from IC24 who now operates out of Seaview on Monday mornings.

We also offer a foot care clinic at Seaview on alternate Tuesday afternoons. For more details about any aspects of the Hastings Homeless Service, please contact: SussexHomelessService@sjja.org.uk or 01424 435358.

DENTAID UPCOMING DATES AT SEAVIEW

28th September
5th October
19th October
2nd November
9th November
30th November
7th December



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NATASHA SANDERSON

Specialist Nurse



Natasha Sanderson the Specialist Homeless Health Nurse for the RSI (Rough Sleepers Initiative) will be working out of Seaview on Thursday's between 9am and 11 am.

Natasha introduces herself here:

I would like to introduce myself as the new Homeless Health nurse for rough sleeper's initiative team in the East. (This is replacing Ines for those that knew her.)

My role is to work with patients that are currently rough sleeping; or with a recent history of rough sleeping, to address their health needs in the community. As these patients are often hard to reach, with complex social, emotional and physical health needs; I work collaboratively with a multi-agency specialist team to offer a holistic care plan that deal with the wider determinants of health.

I will be out-reaching to community homeless projects, the RSI assessment centre (Merrick house), other temporary accommodation as well as utilising a mobile health unit which will be launched soon.

My comprehensive health assessments of these patients will include (but not exhaustive):

- Screening of blood borne virus'
- Sexual health - screening for sexually transmitted infections/ cervical screen referral/ pregnancy tests (as required)
- Assessing vaccination history to ensure they are up to date (Hepatitis A&B, COVID, flu etc.)
- Drug & alcohol history - impact on physical health
- Venepuncture as required
- Nutritional assessment and link to dietetic services
- Wound care
- Supporting hospital appointments for attendance and follow up

- Monitoring respiratory health / smoking
- Medication compliance
- Overdose prevention - issuing naloxone kits, safe injecting.
- Supporting dental, vision and foot health
- Monitor general physical health as required - diabetes, hypertension etc.

Natasha will be working in partnership with Seaview to manage the health conditions of our service user group. I look forward to working in partnership with you to manage the health conditions within this patient population. Please don't hesitate to contact me if you need me to support or facilitate a health intervention clients at the project.



Dr Oban, a local GP, is offering drop in clinics every Monday from 10-1pm at the Seaview Wellbeing Centre.

COVID VACCINATIONS

AVAILABLE TO ALL SEAVIEW CLIENTS
At IC24- Walk in, at The Plaza.

Any weekday afternoon until the
22nd October 2023

No appointments necessary



Solution Focused Therapy

With Nick Perry

Nick Perry, who has been working locally in mental health services for over 15 years, has been volunteering at Seaview since the autumn of 2021.


On Mondays he comes to the Wellbeing Centre to offer two sessions (11am and 12pm) of solution-focused practice.

Nick undertook this training during the pandemic. Solution-focused practice is a way of talking that encourages people to think about their best hopes and their preferred future. It is a therapeutic experience that isn't focused on problems or past trauma, although it is acknowledged that this often part of the experience of people who attend the Wellbeing Centre.

The solution-focused conversations that Nick has been having start to describe in some detail, with the person concerned, a life where the past might not get in the way of the future that they want (any more), and that lots of the qualities and skills that have helped them to survive difficulties are brought to the fore, and celebrated.

Nick has offered training on this way of talking to Seaview Project workers (and workers from affiliated services) on a couple of occasions over the past year. If you would like to have an introductory training, please get in touch with Dave Perry; and if you have clients who you think might benefit from speaking with Nick, please liaise with Sam, John or Maggie in the first instance.



 **seaview**
Where health, wellbeing and housing matter

**SOLUTION FOCUSED
THERAPY**

WITH NICK PERRY

Every Monday morning.

**At the Seaview Project
Wellbeing Centre**
*Please speak to a member
of staff to book a session
or call 01424 717981*

**"The solution focused
conversations are brilliant,
very beneficial and positive for
clients and encourages clients
to find their own solutions."**
-Wellbeing Support Worker

**"I found the conversations to
be really good, very beneficial.
Good to have someone to talk
to without being judged. When I
was going through a low point it
was really helpful."**
-Seaview Service User

WELLBEING AT WORK

Bronze Award

Seaview Project, a small charity based in St Leonards, achieved the Wellbeing at Work Small Business Bronze Award in July 2023. This follows on from their achievement of the Commitment Award in April 2023.

As part of their award, Seaview Project have created a new staff bulletin that is shared regularly, as a consistent method of providing organisational updates and health and wellbeing information amongst the workforce. Through the bulletin they have raised awareness of healthy eating, getting better sleep quality, mental health and musculoskeletal health, as well as providing links to further support in local services. To aid with organisation and staying on track with their award, they have created a yearly plan for the bulletin. The organisation has also been making use of the programmes training offer to upskill staff, with some individuals who have attended Menopause Demystified training becoming menopause champions for the workplace. When interviewed, staff members shared that they feel Seaview "is a lovely place to work" and they "definitely feel supported". The organisation has also been providing staff with practical help with the cost of living crisis – such as free lunches and a food store.



EAST SUSSEX COUNTY COUNCIL

Consultation for Drug & Alcohol Recommissioning 2025

The online public consultation questionnaire is now live, so we would be extremely grateful if you could complete this.

It is extremely important that we capture this valuable feedback from a wide variety of residents in East Sussex, as this gives us the opportunity to hear the thoughts, views, and ideas of the whole Community. This will enable us to create a recovery-focused and person-centred service model and ensure inclusion for all.

Scan this QR code with your phone camera to be taken to the questionnaire.



EMERGING FUTURES

ART WORKSHOP

RADAR are collaborating with Emerging Futures on Creative Club, a new weekly art workshop taking place in the Town Hall.

This exciting group is open to clients with a history of alcohol or substance misuse and will run for 6 weeks. The workshops are led by local artist and gallery owner, Evan Roberts who will help clients to draw, paint and create while connecting to others in recovery.

The group will begin by creating a banner in celebration of Recovery Week to be displayed at the Partners in Recovery event in Eastbourne. From there artwork will be created around the idea of recovery with the intent of presenting work at a gallery show at The Big Yin gallery in mid November, 2023.

To find out more contact a member of the RADAR or Emerging Futures teams.
Wednesdays 1-2pm, Hastings Town Hall, Station Road, TN34 1NG

THE ADDER HUB

Seaview is a proud partner of Project ADDER and helps to host the ADDER HUB in Hastings town centre.

The Hub is a place where all the ADDER substance misuse partners come together to support those in need. Taking place at The Quakers Hall, 5 South Terrace Hastings TN34 1SA every Wednesday 9.30-3pm. Offering a free breakfast and hot and cold drinks alongside Indian head massage, aromatherapy and hand massage, arts and crafts, nail painting, hair plaiting, painting, mindful colouring and plant potting.





HBC, Digital Inclusion workers, Seaview's Harm Reduction, Alcohol Outreach team and SASS Seaview Accommodation Support Service also attend and the ADDER team and CGL are there to re titrate and support clients.

For more information on Project ADDER and the HUB please visit the Channel 4 short film here <https://www.seaviewproject.co.uk/news/>

DIGITAL INCLUSION



Our digital support worker can help you with:

-  **EMAILS**
-  **COMPUTER SKILLS**
-  **PHONE SKILLS**
-  **ACCOUNT SUPPORT**
 -  **Universal Credit**
 -  **Pension Account**
-  **INTERNET SECURITY & SAFETY**
-  **ACCESSIBILITY ON DIGITAL DEVICES FOR VISUAL IMPAIRMENT AND DYSLEXIA**

Every Wednesday 9.30-2.30
The HUB, Hastings

DATES FOR YOUR DIARY



Annual General Meeting

Wednesday 15th November at 3pm

At Seaview Project Wellbeing Centre
Hatherley Road
St Leonards on Sea
TN37 6LB

All welcome

Guest speaker to be announced

ACCEPT

DECLINE

HAIRDRESSER

Back by popular demand,
Andrew the Hairdresser will be
offering free haircuts for men and
women on the following dates:

Wednesday 1st November,
Wednesday 15th November,
Wednesday 28th November
Times to be confirmed.

Please speak to staff if
you would like to book in.



Christmas CAROL CONCERT

You are invited to join us
for the Seaview Carol Concert

**Saturday 2nd December
At 5pm**

St John the Evangelist Church
Brittany Road
Saint Leonards-on-sea
TN38 0RD

Mince pies and
refreshments
to follow

All welcome!



What	When		Where	Regular	Temporary
Solution focused therapy	Monday	11:00-12:00	Seaview Library	✓	
Choir	Monday	10:30-11:30	Seaview Meeting Room	✓	
People's Writing Project	Monday	13:30-14:30	Seaview Wellbeing Centre	✓	
Music Group	Tuesday	13:15-14:15	Seaview Training Room	✓	
Clay Modelling	Tuesday	11:00-12:00	Seaview Wellbeing Centre		✓
Cooking Group	Tuesday	14:00-15:00	Seaview Wellbeing Centre	✓	
Gentle Exercises	Tuesday	15:00-16:00	Seaview Wellbeing Centre	✓	
Digital Inclusion	Wednesday	09:30- 14:30	ADDER HUB, Hastings	✓	
Women Only Space	Wednesday	14:15-15:45	Seaview Wellbeing Centre	✓	
Art Journalling	Wednesday	10:30-12:30	Seaview Wellbeing Centre		✓
Art Group (TA)	Thursday	09:30-14:00	Colonnades, Eastbourne	✓	
Cooking Group (TA)	Thursday	14:00-15:00	Colonnades, Eastbourne	✓	
Wellbeing Group	Thursday	11:00-12:00	Seaview Wellbeing Centre	✓	
Cooking Group	Thursday	12:00-13:30	Recovery Café, Eastbourne	✓	
Music Group	Thursday	13:15-14:15	Seaview Meeting Room	✓	
Choir	Friday	11:00-12:00	Seaview Meeting Room	✓	
The Conservation Volunteer Group	Friday	09:00- 13:30	Ninfield	✓	
BINGO!	Friday	11:45- 12:15	Seaview Wellbeing Centre	✓	



In loving memory



It is with deep sadness we hear about the passing of Mike Cornish. After being involved in the inception of Seaview Project in the late 80's, Mike held the position of Chief Officer for a number of years before stepping away to enjoy his retirement with his family.

In more recent years Mike was a Seaview trustee and much to our delight, a volunteer on the Seaview tea bar where Mike was seen to be happiest spending time with our service users.

A gentle man who's passion for social justice was relentless.

Our thoughts are with Mikes family.

CONTACT INFORMATION:

 admin@seaviewproject.org.uk

 01424 717981

STAY IN THE LOOP:



[seaview.project](https://www.instagram.com/seaview.project)



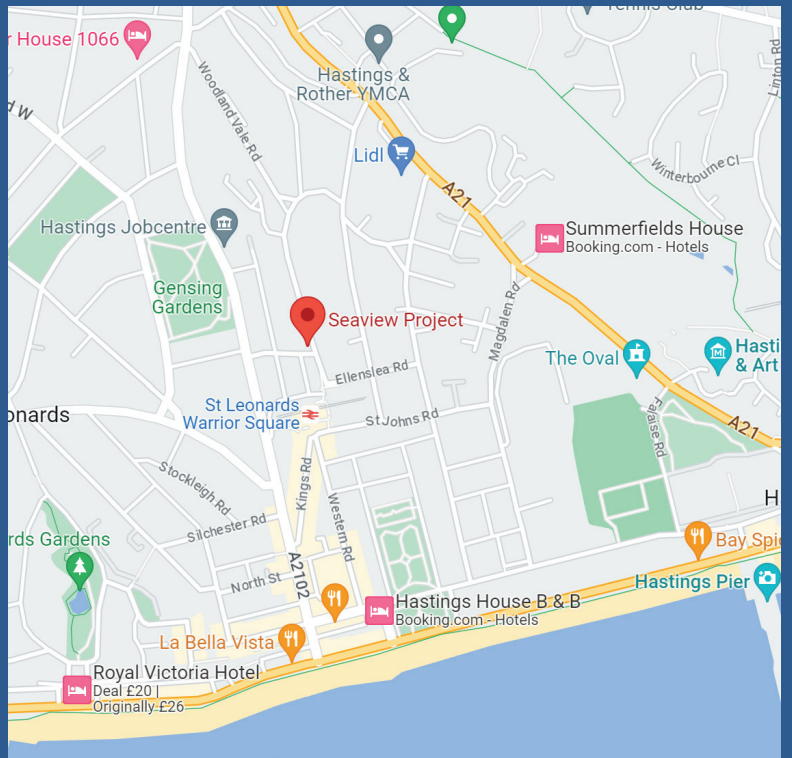
[Seaview Project](https://www.facebook.com/SeaviewProject)



www.seaviewproject.co.uk

VISIT US:

Seaview Project
Southwater Centre
Hatherey Road
St Leonards on Sea
East Sussex
TN37 6LB



seaview

Where health, wellbeing and housing matter