

# THE seaview NEWSLETTER



seaview  
where health, wellbeing and housing matter

WINTER/SPRING  
2023-2024





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Thank you for taking the time to read the latest edition of the Seaview newsletter. As usual, the team are engaged in so many activities and projects that it's hard to tell you all about them in one edition!

I am delighted to announce that Seaview has been successful at applying to deliver it's Wellbeing Centre under the new lead provider, Southdown. We are really excited about the possibilities with this partnership.

Seaview has been awarded funding to provide a countywide community development service, building on our hard won local experience and taking this to other parts of East Sussex!

There has been a great fundraiser with friends and supporters joining us to run the Hastings Half Marathon in loving memory of Mike Cornish, a great friend, trustee and Chief Officer at Seaview.

Seaview's Got Talent was another extravaganza with so many unforgettable acts including the choir, Dusty Lilacs, individuals showcasing their wellspring of creative ideas, humour and much more!

We have been privileged to have a visit from the High Sherriff, Lucinda Fraser and Jackie Wilkes from Sussex Community Foundation. It was really good to tell them all about the amazing work that's happening at Seaview!

**Dave Perry, Chief Officer**



# WHAT'S ON AT SEAVIEW?

We have a huge number of regularly scheduled activities and services here at Seaview Project- so there is always something for everyone!

## WEEKLY ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Workshop 13:30-15:00	Band & Song Writing 11:00-12:30	ADDER Recovery Hub Baptist Church, Wellington Square 10:00-14:00	DENTAID (monthly) 10:00-14:00	ADDER Recovery Hub 10:00-14:00
Musical Mondays 10:30-11:30	Walk-in CGL Clinic 10:00-13:00	RADAR Support ADDER Hub Baptist Church, Wellington Square 10:00-13:00	Wellbeing Group 11:00-12:30	Walk-in CGL Clinic 10:00-14:00
Solution Focused Conversations 11:00-13:00		Women's Group Recovery Cafe, Eastbourne 11:00-12:00	Killer Pool 11:00-12:00	Choir 11:00-12:00
Walk-in GP Clinic 13:00-16:00		Creative Club Town Hall, Hastings Town Centre 11:00-12:30	Walk-in Citizens Advice Bureau 11:00-14:00	Head Massage 11:00-13:00
Walk-in IC-24 Nurse Clinic 13:00-16:00		Walk-in IC-24 Clinic 11:00-14:00	BINGO! 11:45-12:15	Walk-in IC-24 Nurse Clinic 11:00-14:00
		Men's Group 11:30-12:00	Cooking Group Recovery Cafe, Eastbourne 12:00-13:30	
		Women Only Space 14:15-15:45		

AT SEAVIEW PROJECT





# SEAVIEW'S AGM

Seaview's AGM looking at the year ending March 2023 took place on Wednesday 15th November with guest speaker Frances Mapstone. Together, we celebrated the last 20 years of working in partnership with the fantastic St John Homeless Healthcare team with plenty of throwback photographs highlighting memorable moments in supporting homeless clients. The service users commented that they would have not survived without their 'brilliant' medical and emotional support. They enabled the clients to 'regain trust in people'.

We also had a moving talk from service user Paul who spoke about the impact Seaview has had on his life and his recovery. He said he has not been more comfortable and confident than now in his life. He expressed massive thanks to all the supports by Seaview staff.

This AGM was a really positive afternoon, we thank all of our wonderful Seaview friends, supporters and partners in the community who attended the event and made it such a success. Above is the agenda from the day and if you missed it, scan the code below and watch our 'Year in Review' video clip on YouTube.



### MISSED IT? Not to worry!

Follow us on Instagram and Facebook to stay up to date on the latest news and events!





# EMERGENCY SHELTER

This last year we have been hit with a torrent of storms and severe weather. With the disruption, chaos and damage that accompanies this, it is an inconvenience for most of us but for the most vulnerable people in our community, weather like this becomes dangerous. We faced plummeting temperatures, flooding, high winds and seemingly never-ending rain which meant that Amber Alerts were put into place across the the South East multiple times.

In early November, when storm Ciaran surged through the country, an amber weather warning was put into place and severe weather emergency protocols (SWEP) were activated across the Hastings Borough Council area. With just 24 hours' notice, our incredible team managed to pull together and organise emergency shelter for 28 individuals, giving them a safe space to bed down during the storm. Rough sleepers were able to access hot drinks, food, and other facilities such as showers and dry clothes.

Seaview continued to work closely with both the council and StreetLink to ensure that each time that SWEP was activated in the following months, we were able to contribute to a team of people who were able to open overnight shelters. We are so grateful to each and every individual who made this possible.



## GET HASTINGS

We were incredibly lucky this past Christmas to have been selected as the charity for the Get Hastings Christmas gift guide.

We are very grateful to each of the advertisers, especially the local businesses, who contributed to the magazine.

The 2023 Christmas guide raised an amazing £400 for Seaview which goes towards helping those who use our services and centre.



## STREET LINK

StreetLink connects people who are experiencing homelessness to local outreach teams or other support services in their area. This is not just for those sleeping outside but also for anyone preparing to bed down somewhere not designed for habitation, such as a car. Making a referral takes just three simple steps: locate, describe and submit. The StreetLink platform relies on alerts submitted by members of the public so if you are concerned about someone who is rough sleeping, please let the team know at [www.thestreetlink.org](http://www.thestreetlink.org).







# SEAVIEW'S CAROLS

## A Christmas Extravaganza!

On a crisp winters evening the annual Seaview Carol Concert took place at St John the Evangelist Church, St Leonards. The church was full to the rafters and the congregation had the pleasure of watching beautiful performances from Now and Then a cappella group, Sound Waves Community Choir and the headlining act the Seaview Choir supported by Barefoot Opera. Thank you to everyone who made the event special and for the kind congregation donations which raised over £900.

We look forward to the next Carol Concert taking place at St John the Evangelist Church, St Leonards on December 7th at 5pm this year.



# The BIG Sing!

In October, the Seaview choir were approached by one of our lovely volunteers Nadia about collaborating with her choir Vocality.

Together, they performed at the Big Sing, which is an annual event hosted at St John's Church in St Leonards. Local singing groups took turns to continue music throughout the day and evening, filling the church with beautiful harmonious sounds.

The choirs sang seven songs altogether four chosen by Vocality and three chosen by the Seaview choir.

The Big Sing event raises money for St Michael's Hospice and the day was hugely successful. We look forward to participating again this year.



# Christmas Dinner

Maggie Hawthorne

Although seasons have flown by and winter fast diminishes from our memories, it is with great delight I reflect on a very special event in the Seaview calendar. Of course, I am referring to the spectacular Christmas dinner that our amazing chef Lynton and his band of trusted volunteers whipped up, apparently seamlessly.

Service users had kindly adorned the Wellbeing Centre with all the tinsel and sparkles that help make Christmas and staff got in early to dress the tables and decorate that with Crimbo crackers and sweets. The donations for the free raffle had been especially generous this year with some amazing prizes on offer. We made sure every single service user who attended got a prize and everyone went away happy. Thank you so much to those who donated.

With the help of St Leonard's Pub's contribution, we served up a staggering 70 dinners all followed by mince pies and fresh cream. All in all, everyone worked incredibly hard to make it an unforgettable day.



## A Scrumptious Treat

Thanks to Half Man Half Burger

Just before Christmas the Seaview service users were invited to a huge treat by the wonderful burger restaurant Half Man Half Burger in St Leonards on Sea. They booked out the entire place for us and over 20 staff and clients indulged with any food and soft drinks they liked off the menu. The HMHB staff were very attentive and super friendly. The dining room was brightly decorated and there were crackers on the table. Just the ticket to get us all in the mood for Crimbo.

The food, of course, was incredibly delicious, (I can personally recommend the Smokestack Burger and Chilli cheese fries for the meat eaters among us, although the veggie and vegan dishes looked as equally superb) and the portions were so huge that there was plenty to take home.

As many people are aware we work with many of those on the margins of society and going to a restaurant like Half Man Half Burger is often far outside of their reach. Everyone, and I really mean everyone, had a fantastic time and Seaview cannot express how grateful we are to Rory and Matt and their amazing team for giving us such great time

Such a kind and special gesture.



# HEALTHCARE AT SEAVIEW

We are incredibly lucky here at Seaview to have such a range of partner services and volunteers available for our clients.



Every Monday, we offer walk-in doctor appointments for our service users in our treatment room here at Seaview. Service users can see a doctor about any physical or mental health issue. Team members will deal with issues as far as possible providing health advice, podiatry, wound care, nurse prescribing (for infections, wound care, skin problems, minor ailments and stop smoking support) health promotion and are careful to refer on service users to more specialised or secondary care services when indicated.



We enjoy a close partnership with mobile dentistry charity Dentaid, who visit us monthly in their mobile dentistry unit. Service users can book in with them and get treated for any oral health issues they may be struggling with. This response to healthcare in our community is particularly important as people find it increasingly difficult to register as new patients to surgeries around the UK.



STAR  
Drug and Alcohol  
Service  
East Sussex

Local substance misuse agency CGL (Change, Grow, Live) offer an open access drop-in clinic to ADDER clients at Seaview every Tuesday and Friday. The clinic offers assessments, clinical interventions, mental health nurse interventions and titration appointments.



IC-24 is an advanced nurse practitioner led service, supported by GPs. We are very fortunate to be visited by the team three times a week allowing our service users opportunities to seek medical advice for a whole range of conditions and issues.



StreetVet is a UK based charity that works to help people experiencing homelessness take care of their furry companions. They offer free vet care to those in vulnerable situations who may otherwise not be able to take care of their animals whilst ensuring that they stay together, supporting this mutually beneficial bond.

## A FOND FAREWELL St John Homeless Healthcare

At the end of January this year, we had to say a fond farewell to the wonderful St John Homeless Healthcare team. We were so privileged to have worked alongside the team bringing comfort, healthcare and friendship to our clients for 20 years.

We were overjoyed by the number of clients, colleagues and supporters who joined us for their farewell gathering. The team was so appreciated and are dearly missed! We wish them all the best for their future endeavours.







# INTERVIEW PANEL

## Led By Service Users

In October, we invited service users to take part in the interview process. Supported by Peer Worker Jodie, they came up with brilliantly insightful questions to direct at our potential candidates.

This approach not only empowered our service users but also provided a fresh perspective on selecting candidates who would truly connect with the community.

As a result, we were able to welcome new team members who not only met the job requirements but also shared a genuine passion for making a difference in the lives of those we serve at the Seaview Project. This initiative highlighted the value of collaboration and the importance of listening to diverse voices in shaping our organization's future.

# THROUGH THE GATE

## In Partnership with Project Adder

Seaview Project's Through the Gate service forms part of the Project Adder partnership. Our dedicated workers, Colin and Debbie work closely with criminal justice partners to meet people on the day of release from prison to help them manage the transition back into the community. People who are being released from prison are at high risk of relapse and overdose which can be fatal. Our team works with drug treatment providers, housing and probation to ensure that all support is available, making the transition from prison to community a smooth one.

Debbie and Colin are ready to provide people with essentials when they meet people on release from prison. Although the main aim is to link people in with the services that support them and to ensure they attend key appointments, they will spend time helping individuals get into their accommodation, signpost to other places where support is available and follow up to help each person feel that they are not alone.

This is such an invaluable service and the team go to meet people on release from HMP Lewes and many other prisons in the South East in Kent and Surrey.



# SEAVIEW'S GOT TALENT

Jodie Blake

I am pleased to announce another successful year of SGT a celebration of recovery.

Performances included everything from comedy to poetry, singing to dancing plus original songs that were written and performed by the Seaview band THE DUSTY LILACS. The Seaview choir worked with Barefoot Opera to produce a really good performance that everyone was proud of. We had a full house and everyone was so supportive to each other.

I would like to thank Matt for volunteering his time every year to be the sound guy and our new Mayor, Cllr Margi O'Callaghan, for coming to see what Seaview is all about and acknowledging all the hard work that went into SGT. And finally, a massive thank you to all of the clients that took part, without you SGT would not be possible!

## A TOWN EXPLORES A BOOK

Imogen White

Every year Seaview gets involved with A Town Explores a Book and this year was as always great fun. The book this time around was E. Nesbitt's The Railway Children.

As part of the celebration, Seaview had two sea shelters to decorate which formed part of a wider trail.

RADAR, alongside the Seaview community, collected relatable and surprising childhood memories and these were teamed up with pictures. A collection of cardboard relief houses in the Seaview colours adorned our shelters, with opening advent calendar style windows and doors. Visitors could then match memories with the pictures in a game of pairs.

Yet another great collaboration – letting our wider community know who we are and how we all share similar human experiences.





# SWEET FREEDOM

## A poetry booklet by Susan

We are always delighted to shout loud about the successes of our service users, and this special little collection of poems is no exception.

Having found Seaview after escaping 30 years of domestic abuse, Susannah has used poetry as a means of expressing her feelings of repression, moving through to recovery and joy – with Seaview by her side.

Locally based, many of her poems are drawn from Hastings. They are heart-warming, funny and moving. We are so proud of her, having watched her blossom during her recovery. She is a talented writer – and is a positive promoter of Seaview and the services we offer.

Working with a local author to put this delightful and moving collection together, the booklet was then designed and printed by volunteers. Thank you to Print Matters, Hailsham, for printing these so beautifully.

With gratitude, Susannah is donating £1 from every book sale to Seaview. From the limited edition of 100 prints, Susannah has sold over 65 already! If you would like a copy signed by Susannah, please do get in touch. They are £5 each. Thank you!



# HASTINGS CONTEMPORARY

## Imogen White

A group of Seaview service users were lucky enough to visit the fabulous Hastings Contemporary gallery in May. We had the whole gallery to ourselves and a guided tour of the exhibitions. We even had a chance to try out doing some artwork for ourselves.

Everyone found it inspiring and interesting. There was a Quentin Blake portrait exhibition, which everyone enjoyed – amazing how scribbly and simple they looked but they were so clever. We spoke about how he captured the sitters personalities.

The Elias Sime exhibition, was different again. Huge installations made from scrap wire and computer parts. Many felt inspired to go home and make artwork for themselves inspired from the trip. What a fantastic experience, thank you so much to our friends at Hastings Contemporary. We look forward to seeing you again soon!





# BETTER BEING

## Kanna Ingleson

'I have the right to be uniquely myself'. This is just one of the messages that participants at CGL's Women's Hub in Eastbourne have been exploring creatively as part of a 12-week wellbeing programme with Seaview's RADAR team.

The Personal Bill of Rights that is being used as a framework to help participants to explore and assert their needs on their own terms, to draw protective boundaries in every-day life, and to think more about self-care. Other popular themes to emerge included the right to change our mind, the right to determine our own priorities, and the right to say 'I don't know'.

The drop-in style of this activity, and the liberating nature of the Personal Bill of Rights, has seen enthusiastic participation and excellent conversations about the importance of saying what we need, and claiming the right to do it. For some of the women who took part, this was the first time they had ever had a conversation like this.

Participants chose the rights that resonated with them most, and together they made pocket-sized keepsakes to remind themselves and others of the need to prioritise their needs and to create space for future conversations.

Another popular activity focusing on connection and self-care was the planting of Swedish Ivy cuttings. The story goes that when AA co-founder Bill W died, cuttings from one of house plants were given to friends and supporters. These plants eventually did the rounds in AA groups, and some of those found their way to Eastbourne.

We discussed how these cuttings connected us all, and we related the importance of caring for the plant back to the importance of caring for ourselves. Participants went home with a new plant that held some meaning.

The 'Better Being' group is being run for women from CGL's Recovery Café every Wednesday between 11am and 12 noon.



# THE ADDER HUB

The Adder Hub runs from 10:00 until 14:00 every Wednesday at The Baptist Church in Wellington Square with a recovery group running from 13:30 -15:00.

The hub offers a safe and welcoming environment for clients to engage with various organisations and service providers including Hastings Borough Council, recovery workers, CGL, Oasis and RSI. Seaview's RADAR, ADDER and Alcohol Outreach teams are also available for advice and support.

Clients are offered a cooked breakfast and hot drinks free of charge in the hub, for some this may be their only meal of the day.

Additionally, we offer Indian head massage, Reiki healing and aromatherapy providing relaxation and 1-1 time with our professional Sammy, from Gentle Hands.

Furthermore, the hub includes a clothes area managed by a volunteer on their own recovery journey, having battled with addiction.

There are a number of creative groups that are hosted at the hub, offering a safe place for clients to engage in crafts and access a reading corner.

A recent CPR training session led by Blue Response was well-received by both clients and staff, and we are grateful to them for providing this valuable service.

Following the success of the Wednesday ADDER Hub, Seaview has launched a second hub in our very own Wellbeing Centre on Fridays.

Seaview is now closed for regular activities on Fridays, excluding choir rehearsals, to transform into the Adder Hub. The Friday hub will be operate from 10am until 2pm and will extend a warm welcome to anyone with alcohol and substance misuse issues.



## Wednesdays



10:00 - 15:00



The Hub,  
Baptist Church,  
Wellington Square,  
Hastings,  
TN34 1PN

## Fridays



10:00 - 14:00



Seaview Project,  
Southwater Centre,  
Hatherley Road,  
St Leonards on Sea  
TN37 6LB



## LoadFast

Yes, the firm is called LoadFast.

At the Adder Hub we had accumulated a lot of rubbish: clothing, cardboard and packaging and the church does not have a refuse collection. We phoned LoadFast and asked them if they could possibly do a free collection for us. (Cheeky, I know) Without hesitation they booked us straight in! They arrived as planned and took over 25 black sacks and lots of cardboard for us.





# SMASHED IT!

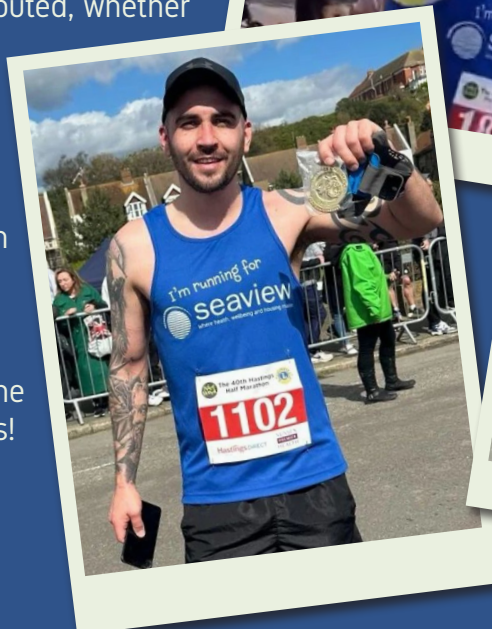
## Hastings Half Marathon 2024

Wow. What an incredible team we had representing us this year in the Hastings Half Marathon!

This year marked the 40th anniversary of the Hastings Half Marathon and our runners absolutely SMASHED it! This year we had a total of nine adults participating in the race, along with three children in the mini run, all dedicated to raising funds for Seaview. Their efforts have raised over an impressive £6800 which will go a huge way in helping some of the most vulnerable people in our community access services and help that they need.

As we reflect on the success of this year's Hastings Half Marathon, we are filled with gratitude for everyone who contributed, whether by running, donating, or simply cheering from the sidelines. It is through such acts of kindness and generosity that we can continue to uplift and support those who need it most.

With the funds raised, we can now expand our reach and provide vital services to those who rely on us. The legacy of this year's marathon will endure as a testament to what can be achieved when we come together for a common cause. Thank you to everyone involved for making this event a resounding success!





# VOLUNTEERING

With Nadia Florence

## **How long have you been volunteering with Seaview?**

Hello, my name is Nadia Florence Marshall. I had a look back in diaries and I started volunteering here in November 2021.

## **What is your current volunteering role at Seaview?**

I have two at the moment which are helping in the coffee and tea bar on Friday mornings and also, I am part of the A4A committee- Awareness for Action. Fridays are a busy day because it's a roast lunch day, we have had two volunteers on duty which we've needed because it's been so busy. That's my biggest role I would say.

With the committee, I'm there when they're coming up with an event that needs some support and to be at an event like the carol service shaking buckets or making tea- I'm highly qualified in making tea!

## **How did you find out about us and what made you want to volunteer with us?**

That's a bit of a journey for me because I'd read a book... I get a bit emotional about this. I'd read a book that changed my whole attitude towards the homeless. Not particularly then with vulnerable adults, but certainly for the homeless and made me realise that certainly I was privileged, and that it could happen to anybody. So that was a bit of a wake up moment. And I wanted to do something about this but I didn't know how to go about it. You know how you think who are the main agencies that you know about and you knew about Shelter and The Salvation Army. As it happens, I was having some osteopath treatments at the time and the osteopath is a big member of the Salvation Army here in Hastings and St Leonards and I explained what I was hoping to look for, you know in a way to help, and he said oh, sounds like the Seaview Project which I had never heard of.

So I looked up online and thought yeah, the work they do is amazing, and came to meet Dave who I don't think had been here that long then; and one of the trustees, Garry. I said, I'm a doer! I don't sit back and let it all happen, so I'd really like to help out. And although I haven't got a lot of time, I just hope it helps in some way.



## **Do you remember the name of the book that inspired you?**

It was the Salt Path by Raynor Winn. It's an amazing true story about a couple who were very happy, they had a B&B business in Wales and invested in a friends scheme that went pear-shaped and they didn't realise that they were liable. They lost everything. They lost their home, they lost all their money. And so you know...you think, god. That could happen to me!

And I think that was just a switch in attitudes. I mean you do think about homeless people, but I never knew how to approach them or talk to them. That was a big barrier for me. But I think, going through life, you have these barriers and these perceptions so for me it's been a journey too, to get over them, quite cathartic for me as well. I'm getting quite a lot out of it as well.

## **What does a day volunteering at Seaview look like for you?**

Oh, straight in. Straight in. 10 o'clock, the clients arrive and they want their name in the list ready for lunch. Straight on, you know, you're running! Keeps you busy! And it's like that for the whole morning and I really like that. I hate just standing thinking what shall I do now?

If you would like to apply to join our volunteer team, please scan this QR code or visit the volunteering page on our website.



[www.seaviewproject.co.uk/volunteering](http://www.seaviewproject.co.uk/volunteering)



### What is the best part of volunteering for you?

I think it's having the feeling that you are making a difference, that you are helping. And it's a fundamental thing I suppose, this overriding feeling of needing to feel needed. So it's always busy, which I like, and we do have a laugh, it's a lot of fun actually. I suppose that's the basis of it otherwise you wouldn't come back. And also, I see the way the staff here, who are amazing you know, they're running around like headless chickens and so you just hope that you're really helping them to get through their day.

### Have you gathered any skills or knowledge from volunteering that help you in day-to-day life?

Certainly I now look at myself. Now that I've become aware of this barrier that I had. And I think also there was a barrier when I first started volunteering because I did a course with Sue all about knowing the boundaries. Obviously there are rules, and being Welsh and very emotional and open, its things like you can't give them hug. And things like trying to remember people's names! Because they do love it when you do know them, as I do like it as well. It's lovely to be recognised by the service users, that certainly gives you a feeling of gratefulness.

Also, I'm examining how judgemental I am, you know, we all have flaws. So I think I'm taking skills that help me be less judgemental or be just a little more open and try not to have these barriers because now I find myself if I'm in a different city and there is a homeless person sitting there, I have the courage to go and ask them: do you have somewhere to sleep? There must be somewhere in this city that has some facilities for you... or if it's locally I will ask them: do you know about Seaview Project? So I'm learning more skills in that sense and having more confidence. It's not that I didn't want to be compassionate towards them before, I just didn't know how to go about it. I'm hoping that the evolution will continue, its an ongoing project I'm not there yet.

### What would you say to someone who was thinking about volunteering?

Oh do it. If you have the time definitely do it. If you have the compassion and the need, because again it is probably a two way street, just do it. Just please do it.

## FIND OUT MORE

Seaview provides a wide range of support services for those in our community who feel they are on the edge of society. Volunteers are essential for enhancing and improving the experiences of our community, through sharing lived experience and motivation, supporting us raise awareness or funds to destigmatise and provide resources, or supporting our day-to-day operations with their time and expertise.

As a community-based service, Seaview is in a unique position to provide opportunities across a range of social care support and creative or practical fields, suitable for many different volunteers, from those who want to give back, those who want to prepare for future employability, those wishing to enhance their professional or learning journey, and those who just have a big heart and a little time to invest in their community.

Seaview also offers in house pathways for peer support volunteers on their own pathway of recovery, using their first-hand experience to motivate and inspire others who are earlier in their recovery.

### These roles can include

- Day to day practical roles such as helping in the kitchen, or helping out in our centre, there's always something to do!
- Helping us with fundraising or planning events.
- Inspiring or delivering group activities such as art or photography.
- Talking to service users, helping them with the digital world, or filling in forms.
- Peer support for people on their own recovery journey to motivate and inspire others.

However, if you have a special interest, skill or experience you think could inspire us, don't be shy. We encourage volunteers from all walks of life, and with different work/life experience.

Volunteering can be highly rewarding, having many benefits to an individual's personal wellbeing as well as the wider community.

If you want to join fundraising efforts or are a creative and want to help, if you're knowledgeable in IT and want to lend hand or a listening ear to someone in need we can find a volunteer role to suit you.

If you are interested in discussing volunteering possibilities, please contact Daniel via email at: [D.Keepence@seaviewproject.org.uk](mailto:D.Keepence@seaviewproject.org.uk)



# A Lecture on Substance Misuse

Jennie Gibson

Jennie Gibson and Karen Penn from the Seaview Adder Outreach team were invited to give a lecture to students at Brighton University.

We arrived at the university to be met by Dr Daren Britt. FHEA Principal Lecturer in Psychology and Criminology (Substance Misuse).

It was a pleasure to promote Seaview's services in a power point presentation to students who could be the next generation of support workers or come across vulnerable people within their upcoming job roles. We also wanted to encourage students to think about volunteering at Seaview or indeed with any of their local charities.

Each service was presented in length, including RADAR, ADDER, SASS and HOUSING OUTREACH, Seaview's Wellbeing Centre and all partnership agencies that work alongside The Seaview Project.

We discussed how Seaview Project invites all vulnerable people into a non-judgmental service to find a place to feel safe and included as well as the offer of many groups and activities within the service.

We discussed substance misuse and how naloxone is used as a harm reduction /overdose prevention intervention – which has saved many lives, how the Adder team outreach people who can have the choice of drug treatment, making sure they are fast tracked into treatment and supporting daily until they are stable and linked in with all services.

Karen went on to speak about the differences of homelessness and Seaview's ongoing compassion to reach as many people in this situation, remembering to ask what the person's need is. Reminding these individuals they can have free breakfast weekly at Seaview as well as being verified as homeless.

We had a great time delivering this lecture and we are happy to go back again.

## A VERY SPECIAL VISIT

From the High Sheriff of East Sussex

On Tuesday 16th of April we were honoured to be visited by Lucinda Fraser, the new High Sheriff of East Sussex and Jackie Wilkes, the Philanthropy Manager at the Sussex Community Foundation.

They met with our Chief Officer, Dave Perry and Business Manager, Hannah Hallett, to discuss the importance of having support services available for marginalised people who are experiencing addiction problems and mental health challenges.

An article published on the Sussex Community Foundation website, praised our Wellbeing Centre for being a vibrant and friendly place for people to go. Both Lucinda and Jackie felt that the visit was "a truly humbling experience" that left them both feeling "in awe" of the team.

We were really pleased to hear that Lucinda plans to put a real focus on homelessness in her role and we look forward to seeing the outcomes of her efforts.



# CONNECT

## Rob Smithson

A few months ago, a small group of people in recovery signed up to deliver a training day on addiction. Under the guidance of Dave Perry, Jennie Gibson and a lecturer from Brighton Uni, Dr Daren Britt, Toni, Jeff, Welly and Rob set to task.


The brief was to educate and inspire people whose profession brought them into contact with people suffering from addiction. To educate them on what addiction means, the substances involved, the reasons why this can happen and the harms it can cause. To inspire them to see a person behind the addiction, and to bring that person to the forefront. To recognise the window of opportunity they're presented with to offer even the briefest of interventions. To recognise this person might benefit from a few kind words, rather than be frowned upon as a nuisance, or even feared. And towards the end of the training equip them with the knowledge around which services this person might benefit from being sign posted to. To make even a few minutes of contact count.

This small group of people with the help of their mentors, we think, have come up with something quite extraordinary. A training day that will provide their audience with a banquet of food for thought, and as the brief required, inspire them to take a more holistic approach to the people they come into contact with who are suffering. Their first training day is just a few weeks away, and with around 80 years of life in addiction between them, we think it's safe to say they know what they're talking about.



## UPCOMING TRAINING

If you are interested in joining us for any upcoming training sessions, please see the timetable below. Spaces are limited so please register your interest by emailing us at [\\*admin@seaviewproject.org.uk](mailto:*admin@seaviewproject.org.uk).

CONTENT	PROVIDER	WHO IT'S OPEN TO	WHEN	WHERE TO ACCESS	LOCATION-IF IN PERSON
Self-esteem & Confidence	Sussex Recovery College	Anyone with mental health challenges	Every Thursday for 5 weeks 1pm-3pm starting 6th June	Face to face only	Seaview Project Please apply online: 
Drug & Alcohol Awareness Course	East Sussex Peer Trainers	Wider Workforce	11th June 10am-4pm	Face to face only	Seaview Project Please book by contacting us via email.*
Boundary Training	Seaview Project	Seaview & East Sussex Network Members	11th June 11am-1pm	Face to face only	Seaview Project Please book by contacting us via email.*
Drug & Alcohol Awareness Course	East Sussex Peer Trainers	Seaview & East Sussex Network Members	25th June 10am-4pm	Face to face only	Seaview Project Please book by contacting us via email.*





# IN CASE YOU MISSED IT!



## A CURIOUS AGENDA

### Community Curiosity Cabinet of Growth

A group of service users from RADAR'S Creative Club worked together to produce work inspired by the theme GROWTH for the exhibition which was displayed in St Leonards Church-Seaview's first home! Clients created a series of paintings and connected with each other by sharing music and honest conversations.

Creative Club is a collaboration between RADAR, Emerging Futures and Big Yin Gallery and it has been running weekly sessions in Hasting Town Hall for almost a year!

## DESTROY ALL HASTINGS

### Live Music Event

Destroy All Hastings was a two day music event with talented musicians providing entertainment throughout Friday evening and ALL DAY on Saturday!

The organisers of Destroy All Hastings recognise that neither Seaview Project nor the Hastings Foodbank could do the work that we do without kind donations. The musicians, DJs and the Pig Pub wanted to give back to the community they came from by playing and hosting the event for free!

It was a truly fantastic event and we were proud to be joint recipients of donations with the Hastings Foodbank.



# A HUGE THANK YOU!

## To Each and Every One of You

We would like to extend our heartfelt gratitude to all who have kindly donated to Seaview. Every donation, whether it be money, time or goods, makes a significant impact to those we serve.

We have been incredibly lucky this last year to have had so many people organising and attending fundraisers in our honour. We are very grateful to all of you, but unfortunately we do not have the space to list everyone. We are incredibly lucky to have such a generous and giving community around us.

## HAVE A FUNDRAISING IDEA?

We'd love to hear it!  
Get in touch today.



Seaview • Southwater Centre • Hatherley Road • St Leonards-on-Sea • East Sussex • TN37 6LB  
Tel: 01424 717981 • Email: [admin@seaviewproject.org.uk](mailto:admin@seaviewproject.org.uk)

# DATES FOR YOUR DIARY



If you missed out on their last performance, here is your chance to see the incredibly talented DUSTY LILACS in action again!

The Seaview band will be taking to the stage at this year's Sidley Festival on the 15th of June! The event is FREE and promises an amazing day full of local talent and family entertainment. We hope to see you there!



Saturday  
15th June 2024



12:00-17:30  
18:30-22:00



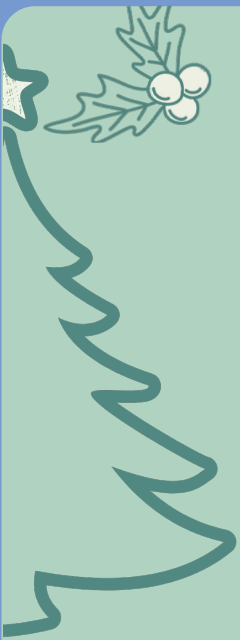
Sidley  
Recreation Ground

## DENTAID

We are visited monthly by the mobile dentistry charity DENTAID, commissioned by substance misuse and RSI.

Dentaid provide free essential dental healthcare to people struggling with substance misuse or homelessness with limited access to these services. To arrange an appointment, service users can call us on 01424 717981 to arrange their appointment. The upcoming dates are as follows:

WEDNESDAY	THURSDAY	THURSDAY	THURSDAY	THURSDAY
12TH JUNE	25TH JULY	29TH AUGUST	19TH SEPTEMBER	3RD OCTOBER



## Seaview Project's Carol Concert 2024

You are warmly invited to join us this Christmas season for our annual carol concert.

Featuring the talented Seaview choir alongside other local choirs and community groups.

The performances are always a delight and are certain to fill you with the Christmas spirit! This is an unmissable festive extravaganza!



Saturday 7th December 2024



5pm



St John Evangelist Church,  
St Leonards





# Become a FRIEND of Seaview!

The easiest way to become a friend of Seaview is by setting up a regular monthly or annual donation via our website.

You can scan the QR code to go directly to the sign-up form, or if you would prefer us to email you a link, please tick the box next to “I wish to set up a direct debit with Seaview”, and complete your details including email address below.



- ☐ I wish to become a Friend of Seaview
- ☐ I enclose my annual subscription of £
- ☐ I wish to set up a direct debit with Seaview (we will be in touch)
- ☐ I am a UK taxpayer and would like to claim Gift Aid on my donation
- ☐ I wish to receive correspondence from Seaview

Name	
Address	
	Postcode
Email	Telephone
Signature	Date

Please return this completed form to the address overleaf.  
We will be happy to provide more details and answer any questions you may have on becoming a Friend of Seaview.

## YOUR DONATION MATTERS!

 Essentials such as toiletries <b>£5</b>	 5 service user laundry washes <b>£10</b>	 Kitchen essentials when moving into a new home <b>£30</b>	 A wellbeing activity in the centre (art, yoga, support) <b>£35</b>	 Rough sleeper kit (sleeping bag/ rucksack/ flask) <b>£50</b>	 White goods when moving into a new home <b>£100</b>	 Wellbeing course for up to 9 people <b>£150</b>
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# CONTACT US:

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

 01424 717981

# STAY IN THE LOOP:

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

 Seaview Project

 [www.seaviewproject.co.uk](http://www.seaviewproject.co.uk)

# VISIT US:

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



# UPDATED OPENING TIMES:

**Monday:** 10:00 – 16:00

**Tuesday:** 10:00 – 16:00

**Wednesday:** 10:00 – 14:00 (14:15 – 15:45 Women only space)

**Thursday:** (8:30 – 10:00 Rough sleeper breakfast) 10:00 – 16:00

**Friday:** (10:00 – 14:00 ADDER Recovery Hub)