

THE seaview NEWSLETTER



seaview
Where health wellbeing and housing matter

SUMMER/AUTUMN
2024

HAVE
YOUR
SAY!

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DON'T MISS!

“The collective experience they’ve gained over forty years, you can’t achieve that in five minutes.”

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WELCOME

Welcome to another bumper edition of the Seaview Newsletter brought to you in association with as many people as possible!

As we are heading into darker, colder days ahead, we are grateful to the people who have helped repair the roof and re-decorate our amazing premises, making them light and airy and more energy efficient too so we can all keep warm through the winter.

Our work with local partners is helping us to ensure that there is an effective safety net for people experiencing poverty and distress. The future of our services, however, is uncertain and I would encourage you to participate in East Sussex County Council's consultation and help save our Recovery Services from funding cuts. A link to this can be found on page 20.

I hope you can join us on 20th November for the Annual General Meeting.

Our wonderful team have helped celebrate World Mental Health Day and Seaview have participated in Recovery Month awareness and celebrations!

Seaview is preparing to adapt a building which can act as a night shelter, offering accommodation for people who are sleeping rough locally. Along with our community services, we are hopeful that the impact of the charity's work will be even greater with the offer of a first step away from the street becoming available.

It's really good to be welcoming new members on our team: Chris is our new Recovery Services Coordinator with Jo and Kate working alongside him.

At Seaview, we really value the diverse nature of our team members and we want to thank Dan, our Volunteer Coordinator for supporting a committed and talented pool of volunteers. I want to extend a special welcome to our new volunteers: Laura, Toni, Jeff, Michael, Rob, Peter, Graham and Martyn!

Dave Perry, Chief Officer

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REFRESHMENTS & MEETING CLOSED



"Well that was an amazing experience to perform on stage as a band at a festival. Forever held in our memories and hearts as it was the last opportunity to perform with our drummer before he sadly passed away."

DUSTY LILACS

At Sidley Festival 2024

The Seaview band, The Dusty Lilacs had the honour of opening this summer's Sidley Festival which took place at the Sidley Recreation Ground on June 15th, 2024.

Both nerve-wracking and exciting in one, all band members turned up for their first ever experience performing at a festival. Further excitement saw Seaview fans in the audience clapping and singing along to their favourite Dusty Lilacs tunes.

Band member Jodie said "Well that was an amazing experience to perform on stage as a band at a festival. Forever held in our memories and hearts as it was the last opportunity to perform with our drummer before he sadly passed away."



5 MINUTE Opera

This summer Barefoot Opera spent three sessions with the Seaview Choir creating a brand new "5-minute opera".

We had a great time creating three mini scenes interwoven with movement and drama and of course lots of singing!

Our first song was the classic Gershwin "Summertime" from the 1930s opera Porgy and Bess, then we moved into a wordless "Brindisi" from Verdi's La Traviata. Delving into the music and drama of these two classic songs inspired the whole group to create a brand-new composition that we called "The St Leonard's Blues".

Barefoot Opera is very excited to join together with The Seaview Choir again for the annual Christmas Concert in early December - this year's showcase also features Hastings legend, Liane Carroll!

CELEBRATING RECOVERY MONTH

September 2024



With our partners, Seaview helped organise a range of East Sussex Recovery Month events.

Working with CGL, Oasis, Coastal Routes Recovery, Build on Belief and East Sussex County Council to name a few, we were delighted to see all partners come together to organise information stalls across the county, participate in the Crystal Palace Recovery Walk, and the Recovery Café food celebration; all in all raising awareness of the struggle and obstacles people face to overcome the battle with substance misuse and alcohol while sharing their own lived experience.

Well done everyone, we sure did raise awareness, highlighting that:

"IT WAS EXTREMELY POWERFUL TO STAND TOGETHER ON THE RECOVERY WALK AND BE PROUD OF EVERYTHING WE HAVE ACHIEVED. A MOMENT IN TIME I'LL NEVER FORGET"

"TOGETHER WE ARE STRONGER".

If addiction has affected your life and you live in East Sussex, please see the range of services available overleaf:



RECOVERY SERVICES IN EAST SUSSEX

Seaview Project Hatherley Road TN37 6LB Monday-Friday 10am-4pm	Tel: 01424 717 981 Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk	A wellbeing centre for people at all stages of recovery. Mental health, substance misuse, homelessness support. Outreach and venue based support at the centre in St Leonard's on sea. The wellbeing centre takes a holistic approach to recovery. Laundry, shower facilities, food & clothes.
Seaview Project's RADAR	Tel: 01424 717 981 (option 3) Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk	RADAR offers 1-to-1 guidance, peer support and group activity for people with alcohol, or substance misuse issues at any stage of their recovery. RADAR is county wide and collaborates with other community organisations.
Seaview Project's Navigation Service	Tel: 01424 717 981 (option 3) Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk	The Navigation Service is an East Sussex countywide recovery service, dedicated to connecting adults to community activities and services. A social prescribing service that aims to improve health and wellbeing, building recovery capital.
AdFam 27 Swinton St, London, WC1X 9NW (Post Address only)	Tel: 07442 137 421 Web: www.adfam.org.uk Email: admin@adfam.org.uk	Support for families affected by family members in addiction.
East Sussex Veterans Hub 5 Harold Place, Hastings, TN34 1JA Drop-in Mondays 10am to 3pm	Tel: 03301 077 808 Web: eastsussexveteranshub.co.uk Email: esvh99100@btinternet.com	Support for veterans around addiction, mental health, housing and wellbeing.
CGL- STAR 13 Wellington Place Hastings, TN34 2NY Monday-Friday 10am to 4pm	Tel: 03330 124 714 Web: www.changegrowlive.org/ Email: eastsussex.firststep@cgl.org.uk	Structured treatment service for adults with drug & alcohol issues. Includes support for people with dependence forming medication. Gateway to ambulatory / in patient detox and residential rehab.
Coastal Routes Recovery P.O. Box 336 St Leonards, TN38 1NL Monday-Friday 9am-5pm	Tel: 07340 662 368 Web: www.coastalroutesrecovery.org Email: community@coastal-routesrecovery.org.uk	Membership based organisation run by people in recovery for the benefit of people in recovery, creating new activities and services based on members feedback.

RECOVERY SERVICES IN EAST SUSSEX

East Sussex Recovery Alliance 5 Harold Place, Hastings, TN34 1JA Mondays, Wednesdays, Fridays 9.30am–2.30pm	Tel: 01424 435 318 Web: www.esrauk.org Email: info@esrauk.org	A centre run by people with lived experience for people in recovery. Activity and therapy based groups, counselling service. Access to SMART Recovery. Cafe with £4 hot meal.
Project ADDER	Web: www.eastsussex.gov.uk/community/people/project-adder	A multi agency partnership offering support and harm reduction to those affected by opiate and crack use, their families and the wider community.
Alcoholics Anonymous	Web: https://www.alcoholics-anonymous.org.uk/intergroups/hastings-rother-intergroup/	Here you'll find AA meetings, activities and service for Hastings & Rother Intergroup –1066 Country.
Narcotics Anonymous	Web: https://sussexna.org/meetings/ Email: asc@sussexna.org	Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs had become a major problem – recovering addicts who meet regularly to help each other stay clean.
Cocaine Anonymous	Tel: 0800 612 0225 Web: https://meetings.cocaineanonymous.org.uk/meetings/?tsml-day=any&tsml-distance=10&tsml-mode=location&tsml-query=Hastings%2C%20UK Email: helpline@cauk.org.uk	Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.
SMART Recovery	Web: https://smartrecovery.org.uk/	SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.
Recovery Cafe 5 North Street Eastbourne BN21 3HG Monday-Friday 9.30am–4pm	Tel: 07593 818 615 Email: jack.turner@cgl.org.uk	Open to those at any stage of recovery offering a safe welcoming space, warm drinks, food, experienced staff & volunteers alongside 12 step, SMART, Cooking, Art and Holistic Therapies.



HASTINGS SEALIFE CENTRE

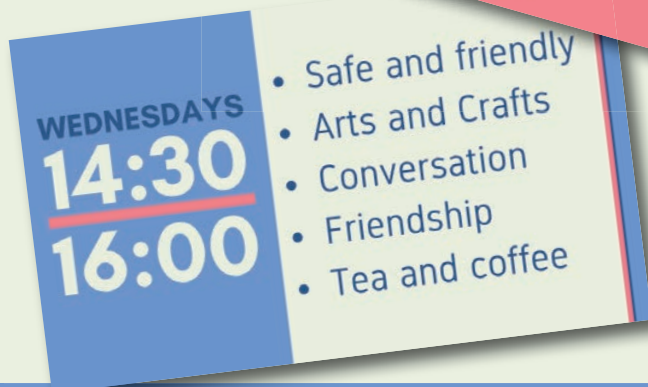
Maggie Hawthorne

The Seaview women's group were lucky enough to bag 10 free tickets to the Sealife Centre, courtesy of the Sealife Centre as well as three additional tickets from a member of staff's foster daughter, who wanted to donate after running for Seaview in the Hastings Half Marathon.

It was a very relaxing and calm trip with lots to see and enjoy. The octopus was a firm favourite, but the sharks and puffer fish were amazing too.

It made a delightful change to get out and enjoy a lovely afternoon in the old town. Many of the service users that came had never been to the Sealife Centre so it was a really good experience for them to see exotic fish that close up.

We would very much like to extend our thanks to the Sealife Centre for their wonderful generosity.



We host our women's group in our Wellbeing Centre on Wednesdays from 14:30 until 16:00 in partnership with Brighton Women's Centre.



TABOO TALK

Kanna Ingleson

Seaview and Streetlight UK have collaboratively developed a way of comfortably starting conversations about stigmatised subjects that are often left alone because they are considered too difficult.

'Taboo Talk' comprises a set of flashcards, each with a carefully considered open-ended question that is intended for group discussion. The cards are all placed face down and willing participants are invited to randomly pick one for everyone to discuss.

The first Taboo Talk flashcard set focused on various aspects of sex and sexuality at the Wednesday Women's Hub in Eastbourne. The discussion was expertly facilitated and supported by Maria and Ellie from Streetlight UK, and the resulting discussions were remarkably frank and helpful in sometimes unexpected ways.

The random nature of the question selection eliminated any embarrassment, and very soon enthusiastic and animated discussions were going on in a way that probably wouldn't have been possible without the 'Taboo Talk' format.

It soon became clear that the flashcards could be used to facilitate a host of other group conversations, and the very next one was a collaboration with Gill from SCDA (Sussex Community Development Association) around the Tackling Loneliness Programme. Once again, the women were able to very easily share and contribute on a deeply personal level in a way that helped others to better understand how loneliness shows up in the recovery community.

We have since developed Taboo Talk flashcards on 'Grief and Loss' with several other ideas still in the works. There is no doubt that this format fast tracks meaningful participation in talks on tricky topics.



SEAVIEW

Across County Support



When people think of Seaview, the Wellbeing Centre often comes to mind with its wonderfully inclusive ethos. What many people don't realise is that Seaview provides a cross-county RADAR service. This means that drug and alcohol support is available in other places too.

A good example of this is Seaview's presence at CGL's Recovery café in Eastbourne. On Wednesdays, the café runs as a Women's Hub and Seaview collaborates with other similar organisations to provide creative activities and those all-important one-to-ones.

On Thursdays, Seaview runs a cooking group where people are taught to make different dishes in the café kitchen, and then to share the food with anyone else who attends the café on that day.

Both of these Seaview groups have had excellent engagement in Eastbourne. Our plans are to continue to build on our cross-county offering so that more people can benefit from the commitment and the consistency for which we have become well-known.

"I love the teamwork and the morale, we're always learning from each other. It's the highlight of my week!"



"Thursdays and the cooking group are so important. It helps with my depression and it gives me companionship because I suffer from loneliness. I enjoy working as a team and learning new cooking skills. I would be devastated if the group were to break down!"

HASTINGS COUNTRY PARK

Imogen White

We're thrilled to share our second unforgettable visit to Bale House in Hastings Country Park, thanks to Groundwork South's amazing team! After a September visit, we were lucky enough to be invited back again in October. Both visits were simply magical—everyone was WOWED!

For many of our service users, it was their first time at the park, and the experience was transformative. We soaked up breathtaking views, sketched, wrote poems and explored the beautiful countryside, learning all about the fascinating habitats this area offers.

We thank our friends Philippa, Jillian, and Imogen from Groundwork South for guiding us through the park and teaching us incredible craft skills. From lino cutting to willow weaving and basket making, our group was eager to dive in. Even those who normally shy away from art projects took home pieces to finish—an amazing testament to your wonderful team!

Here's what some of our group had to say about the experience:

"I thought the whole thing was brilliant! They were so knowledgeable and interesting. I would struggle to get up there with my mobility issues unless something like this was arranged. Fantastic."



I'd never heard of a mining bee
Til I visited Hastings Park.
The countryside is amazing there
And with me it made a mark.

We studied the sights of a badger poo
And discovered that voles are rife.
They need to be for the owls to live
And for the birds to cherish a life.

We viewed the stripes of glass up there
That were floating on the water
And we felt a little sad to leave
As that day we couldn't falter.

But we are going back quite soon
To Hastings Country Park.
And hopefully longer we will stay
Yet return before it's dark.

Susannah Rose



"I never do art, but I took my work home and kept going. I had the best time!"

-Mick

The Bale House, which opened in 2021 at Hastings Country Park, is a unique visitor centre offering insights into the park's landscape, habitats, and heritage. Open daily, it offers stunning views, history, and refreshments. We highly recommend a visit!

Groundworks South said they've loved working with Seaview and meeting our creative and interesting service users, and they hope to work with us again soon. Fantastic!

Thank you, Groundwork South, for this inspiring experience! Looking forward to many more!

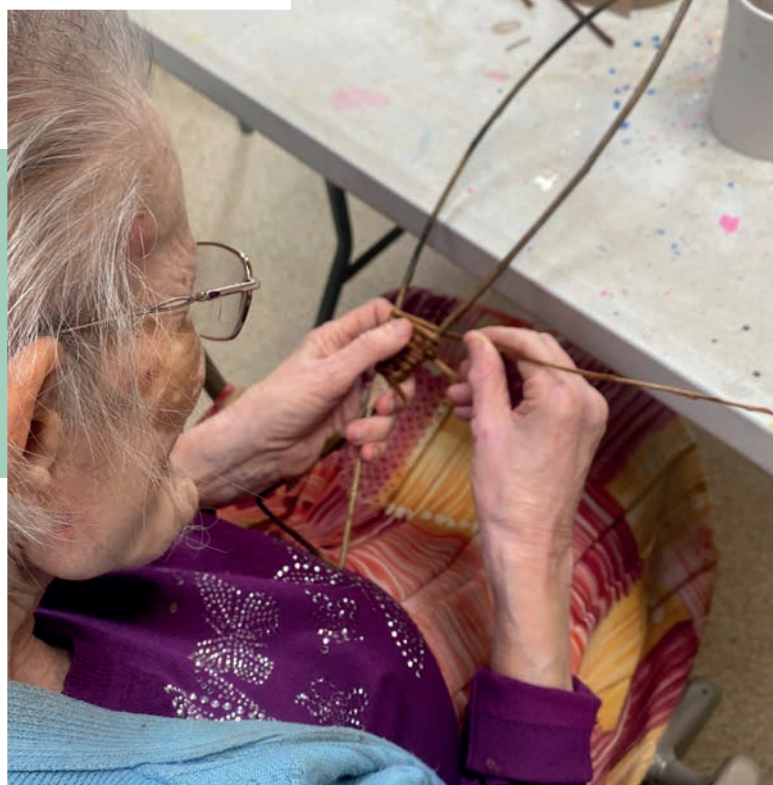


"Willow weaving was tricky but rewarding, and the walk afterwards was perfect. History and landscape are my passions!"
-Rob



"The smells, the views, and the nature are so grounding. I even learned to weave a fish—so chuffed! I even returned for a bat walk held there."
-Jodie

"I really enjoyed making the designs in the lino and printing them. The ladies running it were really friendly and interesting."
-Evelyn



YOU SAID, WE DID:



We have introduced diabetic-friendly food to our menu



We will introduce a weekly menu

Please note: this may alter due to availability of stock

SERVICE USER CORNER

Join the discussion

We host a service user meeting on the first Tuesday of every month to gather feedback, thoughts and ideas from our visitors. This meeting is open to anyone and we always welcome new faces!

If you would like to contribute, join us in the Wellbeing Centre at 10:00am.

CHOIR SHOUT OUT!

Would you like to join the Seaview choir?

We sing a huge range of songs from 'Country Roads' by John Denver to 'Dreams' by Fleetwood Mac!

Whether you're a seasoned singer or a beginner eager to find your voice, there is a place for you in the Seaview choir.

We are very excited to be starting rehearsals for our Christmas carol concert soon so come and join in the fun!

We get together every Friday from 11am until 12 noon.

The People's Project

The People's Project is facilitated by Imogen from the RADAR team and it takes place on Mondays in the Wellbeing Centre.

In these sessions, we explore a number of creative outlets to share our stories including art and writing.

Speak to a member of the RADAR team for more information!

KNIT AND NATTER

On Monday afternoons, join Evelyn and Ann for a knit and natter! All abilities are welcome and materials are provided.

Volunteer-led Art Group

Join us on Fridays from 10:00am until 12:30pm for our inclusive art group, led by volunteer Toni.



the people's project





WHAT'S ON AT SEAVIEW?

WEEKLY ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Music Memories 10:30-11:30</p>	<p>Band & Song Writing 11:00-12:30</p>	<p>ADDER Recovery Hub Baptist Church, Wellington Square 10:00-13:00</p>	<p>Wellbeing Group 11:00-12:30</p>	<p>OPEN ACCESS Recovery Hub 10:00-16:00</p>
<p>Solution Focused Conversations 11:00-13:00</p>	<p>Qigong Gentle Exercises 15:00-16:00</p>	<p>RADAR Support ADDER Hub Baptist Church, Wellington Square 10:00-13:00</p>	<p>BINGO! 11:45-12:15</p>	<p>Art Group 10:00-12:30</p>
<p>Creative Writing Group 11:00-12:30</p>		<p>Women's Group Recovery Cafe, Eastbourne 11:00-14:00</p>	<p>Cooking Group Recovery Cafe, Eastbourne 12:00-13:30</p>	<p>Hepatitis C Clinic 10:00-13:00</p>
<p>Fishing Group (By request) 12:15-14:15</p>		<p>Walk-in Citizens Advice Bureau 11:00-14:00</p>		<p>Choir 11:00-12:00</p>
<p>Walk-in GP Clinic 13:00-16:00</p>		<p>Walk-in IC-24 Clinic 11:00-14:00</p>		<p>Walk-in IC-24 Nurse Clinic 11:00-13:00</p>
<p>Walk-in IC-24 Nurse Clinic 13:00-16:00</p>		<p>Women Only Space 14:30-16:00</p>		<p>Digital Access Sessions 12:30-15:00</p>
<p>The People's Project 13:30-14:30</p>				



AT SEAVIEW PROJECT



HASTINGS COLLEGE

Seaview-inspired artwork

Hastings College would like to make a piece of art that represents Seaview. Service users who have ideas on this, please feedback to Sue who is leading on the project.

GETTING ONLINE

Building digital confidence together!

In today's world, the internet is more important than ever. Did you know that 90% of jobs are only posted online? But here's the kicker: over a quarter of people feel unsure about how to use the internet for job hunting. And while online shopping can save an average of £3.29 per purchase, one in ten people aren't comfortable managing money online. Security concerns also weigh heavily, with 61% of people worried about sharing personal information.

That's where Seaview Project comes in! We're launching weekly Digital Access drop-in and learning sessions, helping you build essential digital skills in a relaxed and friendly environment. Our sessions are here for you, whether you want to improve your online safety knowledge, learn how to navigate the web for job searching, or even if you just need help with your smartphone.

Source: goodthingsfoundation.org/discover/get-online-week

LEARN MY WAY: FREE ONLINE LEARNING FOR EVERYONE!

We're excited to offer Learn My Way, a free online platform teaching essential digital skills in an easy, step-by-step format. With topics covering using office tools, staying connected, managing email, and online security, Learn My Way is perfect for anyone looking to build confidence with technology.

Whether you're using a phone, tablet, or computer, Seaview's Digital Access sessions are here to help. Embrace the online world with confidence, save money, and maybe even land that next job- all with a little support from Seaview Project!

So come say hello and get online with us!

WHEN AND WHERE?

Drop by every Wednesday from 10:00 AM to 1:00 PM at the Adder Hub, or join us on Fridays from 1:00 PM to 3:00 PM at Seaview Project with Robert, our Digital Access volunteer.

Robert will guide you through everything from basic internet use to more specific topics like setting up an email account or using video calls to stay in touch with loved ones.



ONE PAGE AT A TIME

Seaview's community bookshelf

Seaview Project, in partnership with the National Literacy Trust, is excited to introduce the Community Bookshelf and Book Club for The Seaview Project. This initiative brings free access to books and a regular place to connect over a shared love of reading. Stocked with a variety of titles for all ages and interests, the Community Bookshelf will be refreshed with new selections every month, making it easy for everyone to discover something new.

A key part of this project is the Book Club, which will meet every two weeks and will be led by a dedicated volunteer passionate about sharing the joy of reading. The volunteer-run Book Club welcomes readers of all backgrounds, providing a space to discuss favourite titles, explore different genres, and build connections with others in the community. Whether you're an avid reader or new to books, everyone is encouraged to join.

This initiative aims to support literacy, foster community connections, and promote regular reading. Just stop by Seaview Project to browse the Community Bookshelf, pick up a book, or join in on the next Book Club session. We're excited to see the Seaview community come together through reading!



DATES

For your diary

DENTAID

The Dental Charity

We are very fortunate to enjoy a close partnership with mobile dentistry charity Dentaid. Dentaid visit us fortnightly in their mobile dentistry unit. The upcoming dates for their visits are:

21st November
28th November
12th December



VOLUNTEERING

With Elaine Partington

How long have you been volunteering with Seaview?

Hello, I'm Elaine Partington and I volunteer on the teabar on Tuesdays. I've been volunteering with Seaview on and off since about 2010.

What is your current volunteering role?

On the tea bar I'm serving tea, coffee, hot chocolate, cold drinks and making lots and lots of toast (since we've had the scaffolding up and we're not charging) I take lunch orders and yep, basically that's about it really. And then occasionally, if Lynton's off and Maggie's cooking, I help her in the kitchen. I'm also a member of Seaview's fundraising team- Awareness for Action.

What does a day volunteering with Seaview look like to you?

Well, that of course varies from week to week! But it's usually, 10 o'clock the doors open and it's a mad rush. People are grabbing rolls, ordering toast with various combinations of spreads, teas, coffees, hot chocolate, and when the till is working it gets chaotic! Once the rush is over I have chance to chat to the service users.

I remember working in a pub many years ago and I could add up for example, (tills didn't do it for you back then) two pints of bitter, 2 pints shandy, three glasses of white wine, a gin and tonic... trying to add up two teas and a coffee and a roll to me now, it completely floors me! The clients usually beat me to it. But you know, that's age for you!

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

Well my first experience in the Wellbeing Centre was a drumming rehearsal with Dendê Nation, I knew the leaders from my days in London where we were co-facilitators in an arts group, Phakama.

Juliet, who worked for many years with Seaview, was also a drummer with Dendê. We got talking and looking around I noticed a blackboard with a lunch menu chalked up. I love food and cooking so I asked if the kitchen ever needed any volunteers. "Oh yes," she said with a wry smile, "sometimes even I have to go into the kitchen".

The rest is history and I helped Lynton for eighteen months, 2 days a week.



What is the best part of volunteering for you?

I think the service users. They're interesting, they're very varied, some are really kind, some are very amusing and a few are well, plain challenging, I just love the variety of it.

I think I am so grateful to have a roof over my head. I slept out in The Big Sleep three times and we had security, not from the elements but we were safe, and I did have a cardboard box to sleep in each time but it's no fun at all. That was just one night a year. And you know, when the rain is lashing on my window and I'm tucked up warm in bed I think of the poor Seaview clients who might be sleeping rough and it's horrible. It makes me very grateful for what I have.

Is there anything that inspires you?

I think the work that Seaview does is invaluable. The collective experience they've gained over forty years, you can't achieve that in five minutes. And if anything were to happen to Seaview it would break my heart, because you just cannot replicate that forty years of experience, ever.

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



Have you gathered any skills or knowledge from volunteering with Seaview?

When I was volunteering in the kitchen with Lynton, I think for me I've never been very good at catering for numbers and I was so impressed with how he managed to cook for twenty to thirty people every day. Portion control, it improved my ability to gauge cooking for large numbers. Not that I cook for forty people in my own home, but it's good experience. We also used to have a box of veggies in the back, which were donated, and I took on the role of cooking the vegetarian option. So I'd try and dream up things I could cook with the veggies in the box. So I made spontaneous odd things, like beetroot risotto which was in fact quite tasty. So that helped my confidence I must say.

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

Do it! Absolutely do it.

What advice would you give to someone who was just starting out volunteering?

I suppose just keep an open mind, the staff on the floor have always got your back, and they know our service users well, so you know, it's all perfectly okay. They are a brilliant team to work with and they're there to help and support.

Is there anything that you wish other people knew about Seaview?

I suppose yes, if more people knew about the services that Seaview have to offer. If I see somebody on the street asking for money, I do ask them if they have heard about Seaview. Many of them have, and a few choose not to come along for their own reasons.



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 to 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.

If you have a special interest, skill or experience you think could inspire us, please reach out to us! We encourage volunteers from all walks of life with a variety of experiences.

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

If you think you could be our next volunteer please reach out today for more information.



Do you believe that no one in Hastings and St Leonard's should have to experience homelessness?

If yes, we have a great opportunity for you!

Volunteering Opportunities

With Seaview and Citadel Hastings

Citadel is a community-based, homelessness prevention service, designed to make a real difference to the lives of those who need it most. We complement the support of front-line services like Seaview's by offering individuals who have experienced homelessness the emotional and practical support they require to sustain their tenancies once they have been offered longer-term housing. Citadel and Seaview support individuals who are living in temporary or supported accommodation and are ready to move on. We also support individuals who are already in their tenancy but are at risk of losing their homes without some support. Our key aim is to help stop the revolving door of homelessness.

Support can be varied – it may be helping someone attend viewings, helping source furniture or decorate their new home, managing bills, helping them connect to their wider community or health services or helping to build support networks. It may just be meeting on a weekly basis for a chat and cup of coffee, providing a listening ear and letting an individual know that someone cares. Most meetings take place at Seaview or in a community location, and when support may be required at the individual's home, we'll arrange for another volunteer or myself to attend with you.

All we ask is that our volunteers can spare a couple of hours a week, are kind, compassionate and have life experience that they can bring to the table. We offer full induction and training, ongoing support and supervision, expense reimbursement and run regular events and activities to meet other volunteers and individuals accessing the service. There are also volunteer opportunities in organising activities, fundraising and food parcel/drop off delivery and DIY projects if these are more suited to you.

Citadel is part of a central government funded research project looking to build an evidence base of what interventions are effective in preventing and reducing homelessness. Coupled with Seaview's longstanding relationship with supporting local people and their experience of best practice, volunteers will feel supported and reassured that they are making a real difference to people's lives. Getting involved is a great way to help inform future investment and service design and really make sure that services in the future offer the right support, with limited public finances, to make a positive difference!

If you can help and would like to be a member of the Citadel community, please contact Nichola D'Urso directly on n.durso@housingjustice.org.uk or contact Seaview's Volunteer Coordinator, Dan Keepence on D.keepence@seaviewproject.org.uk



THE ADDER TEAM

Jennie Gibson

Adder Outreach team continues to be a supporting presence in the town, promoting the service to local business owners, other support services and walking the streets, reaching people who need drug treatment. Our team covers all areas of Hastings and St Leonard's. We have a small caseload of complex people and we work with them in a client-led way to ensure their needs can be met by signposting to the right agencies and supporting them throughout this process.



The Adder Hub goes from strength to strength and within the last quarter 117 people have accessed this service for a free breakfast bap and the accessibility for all Adder services. These services include: Oasis project, HBC, CGL Star, ASC, SASS, AOT. This is a great opportunity to meet with the whole Adder team as well as to have access to donated clothes, books, crafts and be referred to the Seaview project for on-going long term support. Including IC24 drop in GP and nurse led service, Dentaaid, Hep-C Trust and many more.



We work and support people with a harm minimisation approach to reduce harm to themselves and others when using Class A drugs. We work closely with CGL to ensure people can be fast tracked into drug treatment which offers opiate substitute prescribing along with therapy based programmes. We hand out Naloxone and Nyxoid to people who are at risk of an overdose. We also promote the CGL star Online Naloxone training for members of the public, support services and/or business owners.

Through the Gate remains a success with the team accompanying people from different prisons and supporting them back to their local area ensuring they are supported to attend all appointments with relevant services.

As a team, we are motivated and passionate about the changes that can be made and we have a great rapport with the people we work with. We understand the challenges of addiction and the behaviour that come along with this. We are non-judgmental, caring and productive.



Please follow this link to have your say on cuts in recovery services in the future!

<https://consultation.eastsussex.gov.uk/adult-social-care/drug-alcohol-services/>



S.O.S

Save Our Services!

East Sussex County Council are facing a financial gap of £55 million next year. As a result, they are proposing to stop all funding for drug and alcohol recovery services.

Ceasing the funding to drug and alcohol recovery services would have a huge impact on not just those who use them but also the wider community. There are few alternative recovery services available which means that people's risk of harm including relapse and even drug related death would increase. In addition to the direct impact, these funding cuts will cause significant strain on families and carers of people misusing drugs and alcohol. People will no longer be able to access the services that help them to maintain their recovery and specialist carers services would also stop.

If people are unable to access treatment or the amount of support they get reduces, then they may require more help from statutory services at a time when there is already a high demand. This includes but is not limited to: adult social care, GPs and emergency departments as well as an increased pressure on specialist services for the street community.

The proposed funding cuts have the potential to end two of our vital services which support those already on the margins of society. We are asking our readers to speak up and join us in support of our service users, many of whom do not have large networks to help back their corner.

This consultation closes on the 28th of November 2024 and the survey is completely anonymous.

Addiction is a disease and without drug and alcohol services available we are doing a disservice to those who need us.



**Please follow
this link to have
your say on
cuts in recovery
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future!**

<https://consultation.eastsussex.gov.uk/adult-social-care/drug-alcohol-services/>

A SPECIAL VISIT

From Eve McCallam

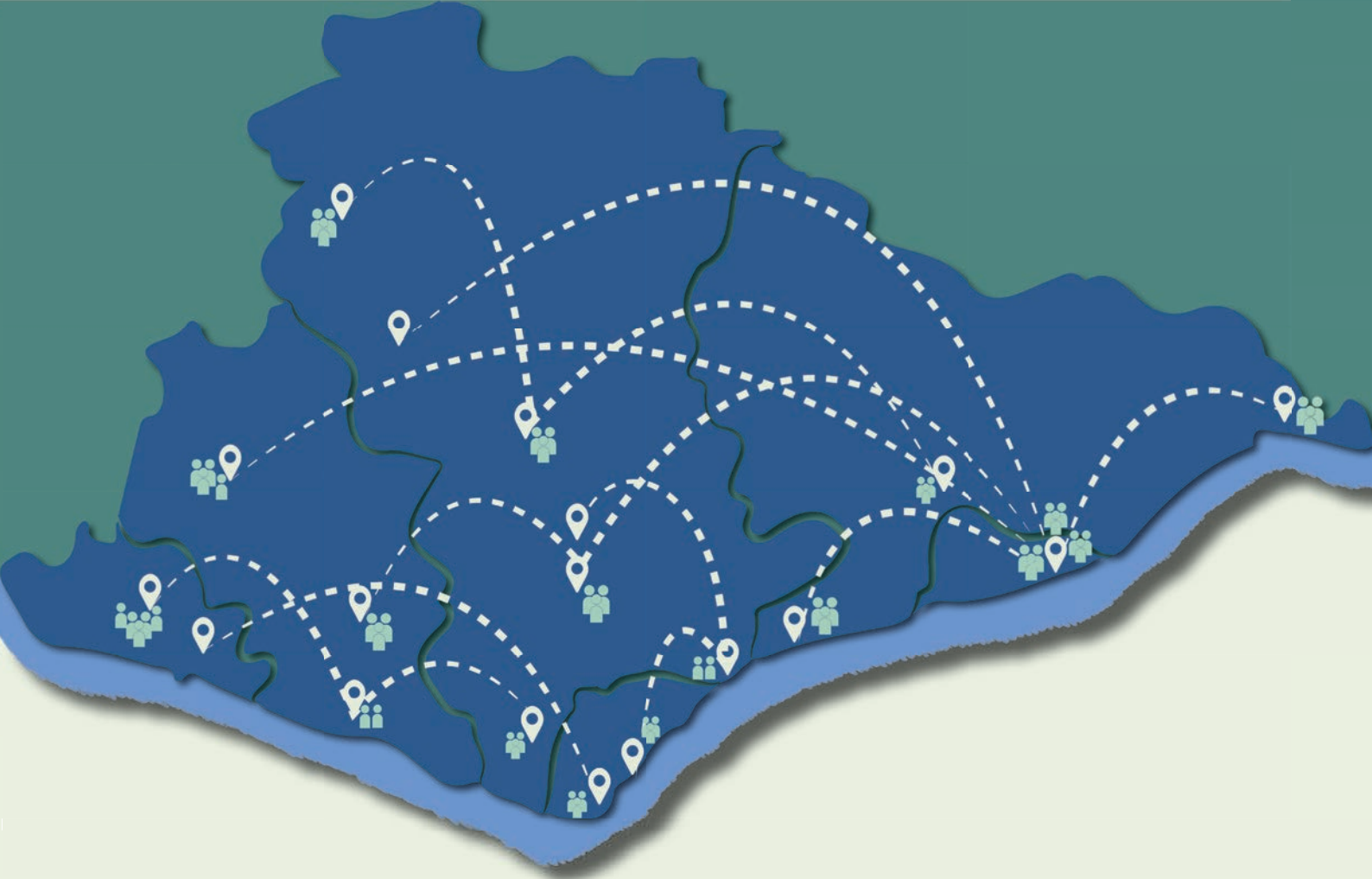


We were delighted to welcome Eve McCallum from Housing Justice on 22nd October. Some readers may remember Eve's previous work in East Sussex with Fulfilling Lives.

Thanks to funding from Housing Justice and the Winter Transformation Fund, it has been possible to buy a property locally. The plan is to open the house as a Night shelter, offering people sleeping rough a step away from the street and into a clean warm home. The Off the Street accommodation will act as an essential first step towards people finding more settled accommodation.

Housing Justice have been supporting the development of Night shelters nationally since 2003 and it was a really productive meeting between Eve and Seaview's management. The plans for the night shelter will be in accordance with an assurance framework developed especially for this purpose by Housing Justice. Dave Perry, the Chief Officer commented on how it feels reassuring to have the benefit of the support of such a specialist charity and knowing that Seaview can draw on their experience as the plans start to take shape.





SEAVIEW'S NAVIGATION SERVICE

Introducing our brand new service

The new Navigation Service is a county wide client-led service that will be offering groups and activities across the county to anyone who has personally been affected by substance misuse.

You, the service user, will decide what activity you would like to explore, whether it be a previous hobby, interest or something completely new.

We will be starting this great work in the Havens, starting in Peacehaven at the Welcome Café on Monday mornings. This will start on Monday 4th November.

Our new service will also be looking at collaborating with other services, local individuals, agencies, and organisations across the county to push for bespoke recovery support in East Sussex.

If you would like to find out more, or make a referral, please contact us via email at admin@seaviewproject.org.uk or telephone on 01424 717981 and selecting option 3.



Meet the team: Kate, Jo and Chris





TAKE CONTROL OF YOUR LIVER HEALTH:

Hepatitis-C Clinics
at Seaview

We're excited to announce that Seaview is now offering a Hepatitis C Test and Treat Clinic every other Tuesday from 10 AM to 2 PM. This clinic provides an easy way to get tested and start treatment, all without needing to visit a hospital.

Hepatitis C is a virus that can cause long-term liver damage. Many people don't realise they have it because it often shows no symptoms. If left untreated, it can lead to serious health issues, including liver disease and cancer. However, with early detection and treatment, Hepatitis C can be cured.

At the clinic, testing is simple and painless. We use a quick finger-prick test to check for Hepatitis C. If the result is positive, treatment can begin right away at Seaview. The treatment involves taking tablets for 8 to 12 weeks and is 97% effective with very few side effects.

We also offer a FibroScan, a painless liver scan that helps us assess your liver's health. This allows us to offer personalised advice on how to maintain a healthy liver.

If you're interested in getting tested or checking your liver health, visit Seaview on alternate Tuesdays from 10 AM to 2 PM. Our dedicated Seaview Keyworkers, along with Craig from the Hep C Trust and Barbara, our liver nurse, are here to assist you.

**LEAVE
NO ONE
BEHIND**

**For more information, just ask any Seaview staff member.
Take control of your liver health—
one quick visit can make a big difference!**



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



Seaview Project

invites you to their annual

Christmas
**CAROL
CONCERT**

SATURDAY
7th December

From 5pm
until 6pm

St John the Evangelist Church,
Brittany Road, St Leonards on Sea, TN38 ORD

Performances by:

The Shady Pines • Sound Waves • Now & Then • Seaview Choir with Barefoot Opera
Featuring special guest Liane Carroll

All welcome • Refreshments to follow

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 £5	 5 service user laundry washes £10	 Kitchen essentials when moving into a new home £30	 A wellbeing activity in the centre (art, yoga, support) £35	 Rough sleeper kit (sleeping bag/ rucksack/ flask) £50	 White goods when moving into a new home £100	 Wellbeing course for up to 9 people £150
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2025 is Seaview's 40th anniversary
and we would like to celebrate in style by holding various
events and fundraising challenges in the community.

If you have any fundraising ideas, we can support and
promote your challenge, please contact us on
admin@seaviewproject.org.uk

STAY IN THE LOOP:



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



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



www.seaviewproject.co.uk

CONTACT US:



admin@seaviewproject.org.uk



01424 717981

OPENING TIMES:

Monday: 10:00 – 16:00

Tuesday: 10:00 – 16:00

Wednesday: 10:00 – 14:00 (14:30 – 16:00 Women only space)

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

Friday: (10:00 – 16:00 Open Access Recovery Hub)

VISIT US:

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