

THE Seaview NEWSLETTER

40 seaview
1985 - 2025

WINTER/SPRING
2024-25

CELEBRATING
40
YEARS

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DON'T MISS!

“I hope that Seaview is no longer needed in another 40 years, but if it is, we'll be there.”

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INTRODUCING THE SPECIALISED OUTREACH RECOVERY SERVICE

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WELCOME

Dave Perry, Chief Officer

Welcome to another inspired edition of the Seaview newsletter. As we usually look back on the last few months with fond memories of great events, this special edition provides us with a unique insight into Seaview's history thanks to Anna Barnes' longstanding association with this amazing charity.

Seaview is facing significant changes as many of the grants and contracts for the services we deliver have been changing and the services are adapting, working in the heart of our community and in other towns in East Sussex too.

It's really humbling to have the privilege to work with such an energised and passionate group of people from the board of trustees who help the management team to steer the ship through treacherous waters, to the amazing staff team, supported by a growing number of dedicated volunteers and, of course, many of our clients who have engaged with one or more of the services and feel grateful, compelling them to give something back.

Finally, our quest to provide safe and supported temporary accommodation for rough sleepers continues with plans for converting a house in St Leonard's being considered by the local planning department.

Thank you to you all for being loyal readers, supporters, donors and volunteers!

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SEAVIEW: 40 YEARS ON

Anna Barnes, Seaview Chair

It is with great pleasure that I write this foreword to Seaview: 40 years on.

I remember it so well, as if it was yesterday, walking into this dingy church hall in London Road (now a fashionable market on Saturdays) just before I applied for the job. In many ways it's not so different to now; you walk in, people talk to you, ask you what you are doing there and then proceed to tell you their story... and what stories they were:

This was in 1986 when I worked there, the height of Care in the Community when people were discharged from long stay hospitals and homeless hostels in Camden, with a train ticket and not much else.

Long stay beds reduced from circa 50,000 to roughly 6000 in the space of 10 years.

We had Hellingly, St Francis, Shenley, Graylingwell, St Augustine's, Brookwood, Friern Barnet, Springfield, Claybury, all a train ride from Hastings.

This was, sadly, a lucrative business with many shabby bed and breakfast establishments turning to mentally ill people for their income instead of tourists.

Eventually, local services were set up using NHS and Social Services funding to care for the people who had arrived in such great numbers.

Seaview's first grant was Joint Finance monies specifically for this purpose.

So, without knowing this history I got a job at Seaview as I had done bits and pieces of community work previously.



We had been set up to provide a place to go for people who were isolated and lonely, providing games, pool, painting, small ish outings, but more importantly food and shelter.

Many people had no income whatsoever; they were given pocket money for lunch as all their benefits went straight to the landlords, and most did not have lunch provided for them.

As so many ex long stay patients had chain smoking habits, all their money went on cigarettes, Seaview was (and still is) a lifeline by providing sandwiches and breakfast when needed. I heard such amazing stories about life in the institutions, and remember people being completely dumbfounded by



supermarkets as they had never shopped before, many people had spent their whole adult life in these places. It was a pleasure to see people blossom and make friendships in the outside world, despite the poverty and hardship they had to endure. There was such a sense of community, and it was a very funny place to work. We also helped many people into careers in health and social care because of the experience they gained working in this unique place. We literally made up the service model, aided by fantastic staff who were on job seekers' schemes (Liz and Andy were two of them).

So, we ran jumble sales, had service users providing breakfasts to everyone, held wedding receptions, organised funerals, arranged court appearances, organised visiting orders for relatives in prison, liaised with social services, secured rehab places, found housing for people... all the stuff we still do today.

I remember the people from those days so well; Gordon who called himself Lazarus (why do people have so many pseudonyms?) Danny, Cathy (who became a couple), Shaney and her awful dog, Jimmy from Southern Ireland...we had many Irish in those days who had worked in the building trade and ended up on the streets through mental illness or alcoholism. Terry, who stole something every day. I learned never to leave a scarf on a chair as it would be worn by someone within minutes...

I wasn't there quite at the beginning, but a year later when the centre was already thriving. Helene, Theresa, Diana and Sarah had done a great job of setting up the service. The days already had a structure of setting up the chairs, making sandwiches, table tennis, pool, coupled with advice or support, often whilst the work of the centre went on. It was difficult then to work out who was a volunteer and who was a service user, which was a good thing in many ways.

My memories of these times are extremely vivid. On a good day, it could be exhilarating, emotional, and incredibly funny, especially when the famous dark Seaview humour was evident; (me summoning our neighbourhood bobby from the street because someone had stolen some cutlery, and I wanted it back before I served him). On a bad day it was like being in a war zone; people carrying black bin bags of belongings after being evicted, the odd knife being produced, alcohol-related aggression...I'm glad we know how to deescalate tension now and mainly have service users who respect us enough not to behave as badly as this.

Hastings has changed so much since these times, following decades of regeneration and investment which has transformed the area, yet the needs for people at the sharp end still remain.



The photos are a wonderful reminder of the characters who were around 40 years ago, many of whom had been resettled in Hastings from London and had either been in local authority resettlement units or on long stay hospitals. I love seeing pictures of Larry, Janet, Lorna, Jimmy, Edward.

What strikes me is that, although many of these people have now moved on, the need is still there. Seaview has always done a great job of providing the very basics (food, shelter, warmth, clothing, showers) in a low key, empathetic, supportive way giving a platform from which people can rebuild themselves and pick up the pieces of their lives.

I hope that Seaview is no longer needed in another 40 years, but if it is, we'll be there.

Anna Barnes
Manager 1987-1989
Chair 2013-2025





SEAVIEW'S CAROLS

A Festive Celebration!

One of the highlights of the Seaview calendar is our annual carol concert, held at St John the Evangelist Church in St Leonards. Once again, despite the stormy weather, our incredible choirs were magical with their performances and beat the blues outside.

We had the absolute pleasure of watching captivating performances by Now and Then A 'Capella group, The Shady Pines led by Becky Byrne, Sound Waves Community Choir and of course the headlining act Seaview choir performing with Barefoot Opera featuring our very special guest, Lianne Carroll!

Between the music we heard from Chief Officer Dave Perry, and Cllr Judy Rogers who shared exciting updates and upcoming plans for Seaview. After the concert we enjoyed refreshments including the fan favourite reindeer muffins kindly made by Seaview volunteer, Elaine.

Seaview would like to extend a huge thank you to all of those who performed and spoke at the carol concert, to Seaview's Awareness for Action group for organising, as well as the congregation who braved the wet and blustery weather to join us. Thanks to the kind donations, we are thrilled to announce that we raised over £1700 for which we are immensely grateful!

We look forward to welcoming everyone back to our very special 40th anniversary carol concert this December, hosted once again at St John the Evangelist Church in St Leonards. Save the date in your calendars for Saturday the 6th of December!





CHRISTMAS DINNER

Celebrating In Style!

Christmas dinner was wonderful at Seaview this year and we served 80 dinners alongside mince pies and cream. The centre was decorated just right for the day and a small army of volunteers came in to assist our chef in ensuring the day ran smoothly.

We were extremely fortunate to have enough donations of gifts to make sure every service user was able to go home with something on the free tombola. We would like to thank everyone who donated such amazing gifts and prizes. It is also a heartwarming day to start the Christmas period off with a bang.



A SPECIAL CHRISTMAS EVE

Celebrating With Half Man Half Burger

On Christmas Eve a local restaurant, Half Man, Half Burger, closed its doors to the public and opened them up exclusively for Seaview clients to enjoy a delicious main meal, pudding and any soft drink, completely free of charge. Wow. What an amazingly generous offer.

The restaurant was completely full and the staff, and Rory the owner, worked tirelessly to make sure all the service users were fed until they nearly burst open. Then and only then were they able to pack up to go on their Christmas break. It was such a kind and lovely thing for them to do for our service users, who all had a great time. For most of them, it was the first time they had ever eaten there.

The whole thing from start to finish was an absolute treat and we thank the whole HMHB team for providing our service users with a scrumptious feast they won't forget in a hurry.





WREATH MAKING WORKSHOP

With Nadia

We had a splendidly festive morning together creating Christmas wreaths under the watchful eye of Seaview volunteer, Nadia.

Using fresh berries, branches and pinecones, we were guided through each step of the process, twisting and binding each piece carefully until we each had our own stunning wreath in hand. Nadia's expertise and enthusiasm made the experience both enjoyable and educational as we spoke about how there were fewer berries on the holly this year.

Each of us brought our own flair to the wreaths, incorporating dried fruit, cinnamon sticks, and shimmering ribbons to decorate. Laughter filled the room as we shared stories and sipped on tea whilst trying to perfect our ribbon tying skills.

By the time we were finished, our wreaths were as unique as our group. They hung proudly on our doors, a reminder of the season's joy. We are hoping to bring this workshop back again this year as it brought our wellbeing centre to life with its festive warmth!



A TREAT FOR ALL!

ADDER's Festive Party

The ADDER team and their partners held a sensational holiday day at the Wellington Square Hub on December 18th 2024.

It was an amazing day with lots of special treats on offer and Christmas songs.

People who attended the hub on that day were met by Jennie who was wearing her annual Santa costume along with the rest of the staff who were in festive attire for the occasion.

People were offered a choice of free seasonal breakfast rolls as well as a fancy hot chocolate with all the trimmings.

We would like to thank all that attended and thank our partnership agencies for their donations of presents and food and drinks that helped the day be so successful.

Everyone who was there was given chocolates, selection boxes and a small gift to open on Christmas day.

Thank you all for attending, it really was a fantastic day!



THE ADDER HUB

Wellington Square

More than 30 people are being hosted every week at a thriving multi-agency ADDER hub in Hastings Town Centre. Started over two years ago under the leadership of Hollie Taylor, the hub is one of the key successes attributed to the ADDER Team at Seaview.

Between 10am and 1pm every Wednesday, anyone dealing with the consequences of crack and heroin use can expect a warm welcome, a hot drink, something to eat, creative activities, clothing, peer support and wellness resources.

Clinical services are also on offer, along with up-to-date information and advice about the risks associated with contaminated street drugs. The emphasis at the hub is always on keeping people safe, and the distribution of Naloxone and drug testing kits is a big part of the ADDER offering.

The hub is a reliable source of practical support offered by different agencies including CGL, Oasis, RSI and various services promoting general wellbeing including hand massage, Hep C testing, acupuncture and social workers. Seaview services at the hub include Alcohol Outreach, drug and alcohol support (RADAR) along with practical advice and assistance with benefits (SASS).

ADDER staff are frequently kept on their toes at the hub with individual needs, behaviour management and medical emergencies. They are assisted by trained and vetted volunteers who are in recovery themselves, one of whom provides technical support to anyone who needs help using online resources.

The hub provides ADDER support services in a convenient location without the need for prior assessments or appointments. People don't have to be in treatment to access the hub, and so it also serves as an effective outreach opportunity.

The Baptist Church at Wellington Square was chosen for its proximity to CGL, local pharmacies and other amenities. The idea is that people can attend the drop-in while they are getting other things done.

Despite the contract for Project ADDER ending, Seaview will continue to facilitate the hub on a Wednesday.



BRIGHTON UNIVERSITY

Meeting The Next Generation

Jennie and Karen from the ADDER team were privileged to be invited again to give their annual presentation about the Seaview Project and all of their teams to the first year students who are studying criminology at Brighton University. The aim of this presentation was to encourage students to consider volunteering here at Seaview to complement their learning in this field.



SPECIALIST OUTREACH RECOVERY

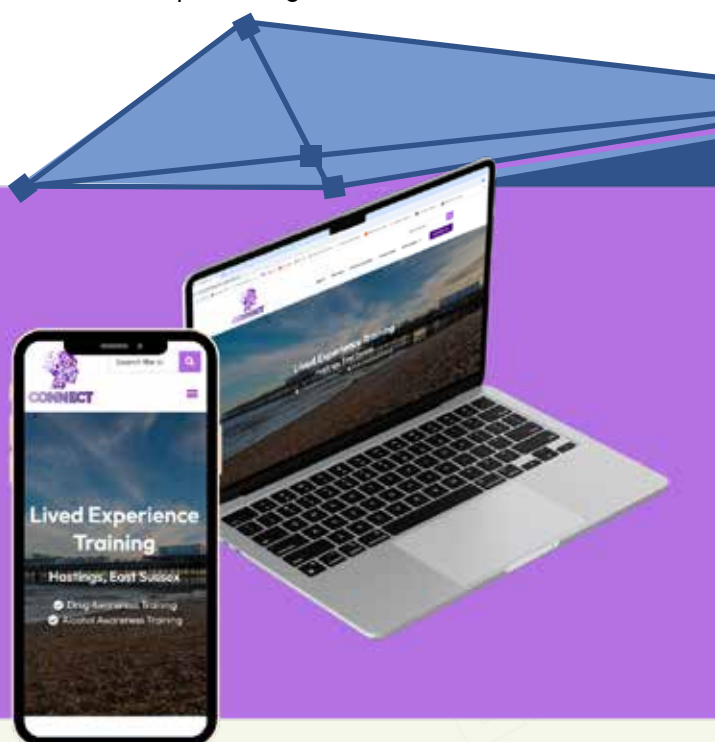
Plans For The Future

As you may know, the pilot scheme for Project ADDER finished at the end of March 2025. This scheme has been hugely beneficial, and even lifesaving, for many people experiencing addiction with heroin and crack. Despite the contract coming to an end, the treatment services delivered by the ADDER partners CGL are continuing.



We are pleased to announce that we have been successful in funding a continued outreach provision. This has enabled us to retain a core team of experienced addiction recovery workers who are dedicated to continue to deliver a Specialist Outreach Recovery Service. This is aimed at engaging people experiencing a broader range of substance and addiction issues into recovery, health and support services and will continue to support some of those most vulnerable.

We look forward to working with the substance misuse and domestic abuse commissioner, Caz Kearton-Evans, and providing this critical service across Hastings and St Leonards.



CONNECT

Lived Experience Training

The Connect project was set up in 2024 and aims to educate and inspire those whose profession brings them into contact with people suffering from addiction.

Importantly, the training is delivered by a small group of people in recovery who can call on their experience to inform others. With around 80 years of life addiction between them we think it's safe to say they know what they're talking about.

In the upcoming weeks the team, supported by Dave Perry, Jennie Gibson and Dr Darren Britt, lecturer from Brighton University, will be running their 4th session.

The training focuses on drug and alcohol addiction with a particular focus on using appropriate language, understanding and unpacking the complexity of addiction and to explore and challenge the stereotypes.

With this knowledge the team hopes to help people to see a person behind the addiction and to bring that person to the forefront.

If you feel inspired by this and want to join the training, please contact admin@seaviewproject.org.uk

The Connect Lived Experience website is now live!

Featuring useful information and downloadable resources as well as a podcast library of recovery stories.



Keep up to date with the latest news, events and training dates by visiting:
www.connectlivedexperiencetraining.com



NAVIGATION

Jo Holt- Navigation Lead

The Navigation Service is a county wide service helping service users who have been affected by substance misuse.

Addiction can be a very socially isolating place and our job is to help discover what interests or hobbies the person has or even discover something completely new!

The Navigation Service is person centred so we have supported clients in a number of different activities. Our service is unique in that we attend activities with them and can also help with funding if there is a fee.

I see our service as walking alongside our service users. The fear of walking into a situation and not knowing anyone can be so overwhelming in early recovery and many people say that that fear alone will stop them attending appointments, activities and any group situation so our service has been embraced by professionals and service users alike.

Collaborating with other professionals has been amazing, including Adult Social Care, social prescribers in different areas and of course CGL.

We have taken individuals to a variety of different activities such as East Sussex Circus School in Hailsham, a sound bath in Peacehaven, a fellowship meeting in Lewes and a craft group in Hastings to name but a few.

Building healthy friendship groups is a vital component in early recovery as well as connecting with other people and being part of the community. We have also helped service users get voluntary roles either as work experience for a career goal or to give something back to their local area.

We have been working in some amazing community spaces with people who share our passion and commitment to inclusion. These areas have become not only safe spaces for our service users to meet with us and build new friendships, but they also provide opportunities for family and friends to experience these great places with them.

Part of our journey has also been breaking stigma and changing peoples perceptions of substance misuse which has been a great experience. We have found fantastic community groups across the county and have been amazed at the number of groups and activities that are available across East Sussex.

We have worked with over 50 service users to date and are currently focused on the Hastings and Rother area.





WHAT'S ON AT SEAVIEW?

WEEKLY ACTIVITY TIMETABLE

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



AT SEAVIEW PROJECT



GREEN THUMBS

On Volunteer Fridays

Our planting group is growing from strength to strength!

Just a few short weeks ago we prepared cuttings from a monstera, a snake plant and a pothos. Now, strong roots are sprouting, and vibrant new leaves are unfurling! The once bare pots are now brimming with life, filling our space with lush greenery and a sense of accomplishment.

We gather each week to check in on our little sproutling's progress and now we are making plans to expand our plant family even further. There's talk of experimenting with propagation techniques and maybe even trying our hands at growing some herbs or vegetables in the centre!



BREAD MAKING

On Volunteer Fridays

Our breadmaking group was launched very recently and has already been a huge hit amongst our clients. It is truly wonderful to have the whole centre filled with the aroma of freshly baked bread each week.

So far, we have risen to the challenge of creating chocolate chip banana bread and traditional white and wholemeal loafs. In our next session, we are looking forward to trying our hands at hot cross buns!

Every session concludes with a delightful taste test where we are able to savour the fruits of our labour. The success of this group has encouraged us to continue looking for even more creative and fun groups we can facilitate on our volunteer focused Fridays.

BOOK CLUB

On Volunteer Fridays

Seaview, in conjunction with Hastings Library and the National Literacy Trust, hosts a book club every other Thursday from 11am in our Wellbeing Centre. Together we sit and read our chosen book and discuss the stories, messages and themes. This group has led us to some really insightful conversations as we all draw on our own experiences and interpretations of the text.

We are pleased to be able to offer accommodations for anyone who struggles with reading for any reason, helping to keep our book club accessible and enjoyable for all.



VOLUNTEERING

With Arthur

When did you start volunteering with us?

My name is Arthur McLuskey and I've been volunteering at Seaview since 2008. My role at Seaview is to serve customers with teas, coffees and all sorts of drinks and dinners. Basically, I just tidy up all the time while I'm here!

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

I've forgotten the name of the place, but they sent me here as a work experience day. Like I say, I started working here in 2008 and I haven't looked back since. Seaview has helped me out because I had some problems with reading and writing and stuff like that and basically. They helped me, and I was most grateful for it. I stayed on as a volunteer for as long as I could and I'm still a volunteer today.

How has volunteering at Seaview impacted your personal growth?

I'm a bit of a loner, and coming to Seaview and seeing the different people all the time helps with my erm.. because I suffer with anxiety and depression... so coming to Seaview and seeing people has helped my depression and anxiety over the years.

Have you learnt any skills or lessons from your time volunteering with us?

Well, the most important thing I've learnt is how to treat people here, you know, I treat them all the same. No matter what walks of life they come from. I always say good morning to them, or good afternoon or whatever, you know? And it's kind of good... because I'm a Christian and we encourage that at church. We greet people like brothers and sisters and that sort of thing which is good.

Can you share a connection you've made as a volunteer that has left a lasting impression?

Oh, it's a sad one. Because a lot of the clients I used to like have either passed away or you know, they've gone to homes or whatever. Yeah... it's so sad because you get to know that person and when they're not there, you miss them. But there's still people here who I get on with, they're nice. And the staff are good here so that helped me stay for as long as I have.

Have you been involved in any of the Seaview events?

Yeah actually, at the church when they have the Christmas choir, I've helped put out chairs and I actually collected money for Seaview in the buckets this year. And yeah, events like that, fundraisers... all good.



What are the most rewarding aspects of being a volunteer here at Seaview?

Are there any challenges?

I've made a lot of friends here. I come from Hastings, but everyone seems to know me in St Leonards and not very many people know me in Hastings! The challenge is keeping people happy if you can, serving large amounts of people can be challenging. Sometimes when that door opens, you've got about 20 people and you're the only one behind the tea bar! But it's really great working here, I love it.

What motivates you to keep volunteering with Seaview?

Well, Seaview gave me something, and I want to give it back to them. I feel, I dunno, I feel I owe it to them. I was sick for quite a long time through my anxiety and depression, and I was asked to do an appeal- which I won. Sam was with me at the time, and we did the interview here because of covid. I was just ever so grateful that I won the appeal, and that was through Seaview. They really do help people here, they're very good.

What would you say to someone thinking about volunteering with Seaview?

It's a great experience, you know, if you've never done volunteering it is really good to be a volunteer here. When I get home I feel like I've done a satisfied job. And I feel great about it, you know? I feel like I'm doing something to help the community as well.

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





SUPPORTING WOMEN

Kanna Ingleson

Recovery can be a deeply personal journey shaped by uniquely individual experiences, traumas, and need. To get well, women need to be able to speak freely, to be seen without judgment, and to find strength in their shared experience.

In mixed gender settings, some women may never be able to talk about deeply personal issue because they could so easily be misunderstood or even retraumatised. In many cases, this is exactly what has happened.

This is why Seaview is committed to supporting women in ways and places that suit them best. One of these places is CGL's Women's Hub. Each Wednesday, Seaview joins other professional partners to meet, engage and help women by providing food, complete acceptance, and a variety of wellbeing services and activities.

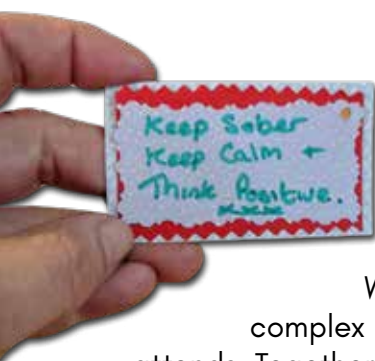
Seaview also runs their own Women's Hub in the wellbeing centre in St Leonards. This is for all women, and not only those in recovery. This is run jointly with Brighton Women's Centre who always do an excellent job of supporting women to solve complex practical issues. BWC also brings food and toiletries which are free to anyone who attends. Together with other Seaview staff, including RADAR, women who attend the hub have the chance to truly be themselves in a supportive therapeutic environment.

At both hubs, women regularly help one another to overcome emotional and practical challenges because the same things have happened to them. For others, the hubs are a place to have a cup of tea and to simply offload. For a few women, the women's hubs are the only time they access support services from CGL or Seaview.

The idea is always to provide a space where women can feel comfortable enough to enjoy a bit of time away from their regular routine, to socialise, and to get whatever help they need.

Seaview's creative RADAR activities are a key part of the success of the women's hubs. Recently they have enjoyed badge making, several collage-based activities and creating Easter gift packs.

Pictured: Easter crafts during women-only time at Seaview.





SEAVIEW GOES DINO-MAD!

Celebrating Our Prehistoric Past

Seaview has gone full dino this year as we proudly mark our 9th year of collaboration with A Town Explores A Book! This time, the challenge took the shape of Iguanodons—lots of them! The dino theme is based around Gideon Mantell's 1825 scientific paper naming the Iguanodon species.

As part of our 40th Anniversary celebrations, we've been digging deep into the fascinating history of these thumb-spiked herbivores, discovering that St Leonards and Silverhill were once stomping grounds for these prehistoric giants. Did you know that Iguanodon footprints have been found along the coast from Fairlight to Bexhill? Or that local brickmakers uncovered their fossils—though others took the credit?

This year, Seaview's dino-inspired artwork is proudly displayed in the window of Claremont Studios—number 48 Kings Road, bringing history to life for everyone to see. We even had the pleasure of a visit from the amazing Ken Brooks, who shared his fantastic fossil expertise with us in an interactive event that had everyone hooked - we've uncovered some incredible facts.

Thanks so much to Town Explores A Book for making sure our voices are heard loud and clear in the community. A huge thank you to everyone involved—what a roaring success! And don't forget to look out for our artwork in Claremont Studios in Kings Road- number 48, in April!





BILL'S JOURNEY

From Lived Experience To Life-Changing Impact At RADAR

Since joining Seaview's RADAR team in December 2023, Bill has become an invaluable member. His warmth, understanding, and a wealth of lived experiences make him the perfect fit.

Having faced homelessness, mental health struggles and addiction himself, Bill knows firsthand the challenges many of our service users experience. But through determination, rehab, and a commitment to rebuilding his life for himself and his family, he has turned his experiences into a source of strength and inspiration for others.

One of Bill's personal highlights at Seaview has been his work with the cookery group at the Recovery Café in Eastbourne. What started as simple pizza-making sessions has grown into a full-scale weekly meal preparation, where the group cooks a different meal from scratch each week—feeding the entire café! Along the way, Bill has even picked up new skills himself—like peeling ginger with a spoon and mastering a killer cheese sauce for macaroni cheese!

Beyond his kitchen skills, Bill has been praised for his calm presence, his ability to truly listen, and his unwavering reliability in all situations. Popular with both staff and clients, his impact has been undeniable.

Bill, you're a superstar, and we're so lucky to have you as part of the Seaview family. Thank you for everything you do!

40 FOR 40

Join Our Anniversary Campaign!

To celebrate Seaview's 40th anniversary, we're launching the 40 for 40 Challenge where we want supporters to think of fun and imaginative ways to #ShowUsYour40! We want to raise money and awareness for Seaview Project and the incredible impact it has on our local community and we need your help to achieve that!

Join the SHOW US YOUR 40 Challenge!

- 1. Choose Your Activity:** Get creative! Whether it's running 4.40 kilometres, baking 40 cakes, or knitting for 40 minutes, pick an activity that suits you. If you need ideas, check out our Instagram or campaign page!
- 2. Donate £4.40:** Visit our fundraising page and contribute £4.40 to help us continue our mission of making a difference. Every little bit counts and helps us reach our goals!
- 3. Nominate 4 Friends:** Spread the love by tagging four friends to take on the challenge. Let's create a ripple effect of generosity and celebration!
- 4. Share Your Journey:** Capture your activity with a photo or video and share it on your social media using the hashtag #ShowUsYour40Challenge. Don't forget to tag us so we can celebrate with you!

Together, we can make this fantastic milestone truly special and share our mission even further. Thank you for your support, and let's make this a celebration to remember!

JOIN THE
**40
FOR
40**
CHALLENGE!



FOLLOW THIS
LINK TO THE
CAMPAIGN



SOCIAL BITE

A Fantastically Fresh Partnership

SOCIAL
BITE

The team at Seaview have been delighted to have received a grant from Social Bite. This amazing charity has made a really generous offer to support Seaview with the cost of food that it provides to people in need.

The charity fundraises to match fund the service offered from our main premises on Hatherley Road and so a grant from Social Bite has been really welcome, making a valuable contribution and enabling the team to prepare and serve nutritious meals to everyone that wants one.

In addition to a hot meal served every weekday, Seaview offers rough sleepers a free cooked breakfast on Thursday mornings and bacon, egg and sausage baps are served at our midweek town centre drop-in.

Finally, the RADAR team visit the Recovery Café in Eastbourne and prepare a meal in partnership with CGL for visitors. This session is really popular and conversations about how the team can support the café users take place which helps them connect with new friends and other services.

Everyone at Seaview would like to say a big thank you to Jenny and her team at Social Bite. Your generous donation has made a huge difference to local people who are grappling with the effects of increased cost of living.

Recently, our talented chef Lynton did an interview with Social Bite talking about what their kind donation means for Seaview and it's visitors:

What does Seaview offer that meets the needs of your local community?

At Seaview we offer varied home cooked meals and with a strong feeling of togetherness. Seaview offers people somewhere warm and safe to go and not be alone. Everyone is welcome and valued at Seaview.

Food is a necessity of life. It is crucial to maintain a healthy lifestyle and general wellbeing. As well as addressing the immediate need for nourishment, we also offer company. Having a warm sit-down meal at Seaview helps to alleviate social isolation and build friendships and connections.

Why is food provision important?

What is the best part of your role?

I love knowing that I am giving back to my local community and helping those who are in need. I enjoy seeing the smiles on people's faces when they enjoy a meal and socialise in our Wellbeing Centre together. It is good to know that we're making a difference.

The support of Social Bite will help us to obtain fresher, better quality of ingredients. This will also help us to keep the variety of meals greater to cater to different tastes and dietary needs.

Why are you happy to be partnered with Social Bite?



TIME TO TALK DAY

Getting The Conversation Started

Talking about how we feel can be awkward at times and can be incredibly difficult if we are experiencing mental health problems. Time to Talk Day, which is organised by Mind and Rethink Mental Illness in partnership with the Co-Op, creates an opportunity for individuals to be open about their feelings.

In the Seaview Wellbeing Centre, a staff member sat on bar stools at a podium table, inviting service users to pop over and have a chat. We used the conversation chatterbox starter resource to get the chat flowing. It is an incredibly useful resource to begin the difficult conversations about our own mental health and those around us. Openly discussing mental health challenges helps to reduce the stigma surrounding it and gives encouragement to people to seek help and support without fear of judgment or discrimination.



Access the Time To Talk downloadable resources here: www.timetotalkday.co.uk/download-a-pack/



A FOND FAREWELL

Four Years Of Dentaïd At Seaview

We have been incredibly fortunate to enjoy a strong partnership with Dentaïd the dental charity for four years but unfortunately, this has now come to an end due to a lack of local authority funding.

Dentaïd have been a wonderful resource for our clients, providing essential dental care and treatment when they needed it. For many people experiencing homelessness, there are many emotional, financial and physical barriers that make it difficult for them to prioritise their oral health or attend appointments. The Dentaïd team excelled at making our clients feel comfortable and respected whilst receiving treatment.



They would park their fully equipped mobile dental unit outside of our Wellbeing Centre making it easy and accessible for our clients to have their appointment in a familiar environment.

Dentaïd brought smiles and much needed relief to our clients, and they will certainly be missed. We thank them for their kindness and compassion and wish them all the best for their future endeavours as they continue their essential work in other communities.

THE HOUSEHOLD SUPPORT FUND

Abi Stewart

The Household Support Fund (HSF) is funding we have been lucky enough to receive for our Seaview clients that aids purchase of essential items from food shops to topping up energy bills. This round we have helped over 85 individual clients, making their lives a little easier. This came at an essential time in November when the temperatures dropped and it was the difference between being able to keep warm for the night by getting a small radiator or winter clothes. We have also been able to help clients with transport costs for bus passes or a train ticket to get back to family, this funding has helped so many people in different ways and has been a great addition to all that the Seaview staff do to ensure we are able to help vulnerable groups within the community.

The plans for the detached house that has been purchased are with Hastings Borough Council's planning department and further details can be found here:



SEAVIEW'S HOUSING PROJECT

Dave Perry

We are delighted to announce that Seaview has managed to obtain funding from a Winter Transformation fund, Housing Justice and Hastings Borough Council to deliver a specialist housing project for people who have become homeless and have found themselves having to rough sleep. This is called the Off the Street Offer and the plan is to be able to make the time spent rough sleeping as brief as possible by offering a room, warmth and safety.

Seaview's extensive track record with working with homeless people will be of great benefit to anyone in need of a home. The wellbeing hub serves homeless people well with a warm welcome, nutritious meals, clean clothes, a laundry area and groups and activities that promote wellbeing so we are all excited about the possibilities of being able to offer accommodation to those on the street as well.

We would welcome your support for this kind of accommodation to be available for those who need a home. Seaview plans to make 9 spaces available in the house which will help the local council with its plans to reduce and prevent people becoming homeless in our community.

One of the many advantages of converting a house of this kind is that the property will have a bespoke design, adapted especially to meet the requirements of the people staying there.

There is a garden which will be ideal for growing food as well as providing outside space in which residents can enjoy fresh air and get some exercise.

We would like to thank everyone who has supported this project so far, and we would love to hear your ideas and suggestions. Your support is appreciated as the charity embarks on this amazing project to help reduce homelessness in the most direct way.



HASTINGS HALF MARATHON

Team Seaview 2025!

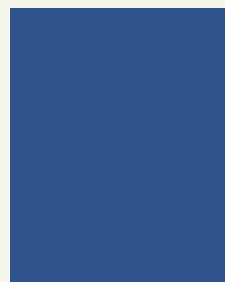
We, like many others, were so disappointed that the iconic Hastings Half Marathon had to be cancelled on Sunday the 23rd of March due to unforeseen circumstances.

We would like to extend our heartfelt thanks to the Hastings Lions team and to Nice Work for their commitment to keeping us informed about the developments as they unfolded. It was clear that they were exploring every possible avenue to try and allow the race to go ahead as planned.

We can only imagine how difficult the decision must have been to cancel the highly anticipated event after all the effort invested in organising and preparing the course. The challenge of balancing the desire for the race to go ahead with keeping the runners and spectators safe was not a decision to be taken lightly. Trying to plan and make decisions as the extraordinary events were unfolding in real time was undoubtedly a huge burden. We wholeheartedly believe that, despite disappointment, the right decision was made.

Over the last few months, our enthusiastic runners had been keeping us updated on their rigorous training routines and practice runs. Despite the official race not going ahead, some of our runners still ventured out and completed their own half marathons, demonstrating their incredible resilience and commitment.

We are excited to share that we have received confirmation from Hastings Lions and Nice Work that the race has been rescheduled for later this year, on Sunday the 5th of October. We look forward to cheering on our 40th anniversary team!



SEAVIEW'S GOT TALENT



WEDNESDAY 23.04.25

14:30-16:00



You are warmly invited to join us in celebrating recovery with an afternoon filled with music, comedy, poetry, and much more.

Our event will showcase incredible talent from our service users, so mark your calendar for an unforgettable show!

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

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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CONTACT US:



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
Hatherley Road
St Leonards on Sea
East Sussex
TN37 6LB

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)