

RECOVERY SERVICES

IN EAST SUSSEX

Seaview Project	Tel: 01424 717 981 Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk <i>Hatherley Road, St Leonards on Sea, TN37 6LB</i> <i>Monday-Friday: 10am-4pm</i>	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.
Adfam	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	Tel: 03301 077 808 Web: eastsussexveteranshub.co.uk Email: esvh99100@btinternet.com <i>5 Harold Place, Hastings, TN34 1JA</i> <i>Drop-in Mondays 10am to 3pm</i>	Support for veterans around addiction, mental health, housing, wellbeing.
CGL- STAR	Tel: 03330 124 714 Web: www.changegrowlive.org/ Email: eastsussex.firststep@cgl.org.uk <i>13 Wellington Place, TN34 2NY</i> <i>Monday-Friday: 10am to 4pm</i>	Structured treatment service for adults with drug & alcohol issues. Includes support with opiates and dependence forming medication. Gateway to ambulatory / in patient detox and residential rehab.
Coastal Routes Recovery	Tel: 07340 662 368 Web: coastalroutesrecovery.org.uk Email: community@coastalroutesrecovery.org.uk	Membership based organisation run by people in recovery for the benefit of people in recovery. Providing activities, and working in partnership with substance misuse services.
Seaview Navigation Service	Tel: 01424 717 981 (option 3) Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk <i>Hatherley Road, TN37 6LB</i> <i>Monday-Friday: 10am-4pm</i>	The Navigation Service is dedicated to connecting adults to community activities and services. A social prescribing service that aims to improve health and wellbeing, building recovery capital.
R.A.D.A.R	Tel: 01424 717 981 (option 3) Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk <i>Hatherley Road, TN37 6LB</i> <i>Monday-Friday: 10am-4pm</i>	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.



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East Sussex Recovery Alliance	Tel: 01424 435 318 Web: www.esrauk.org Email: info@esrauk.org <i>The Community Information Hub, Town Hall, TN34 1QR</i> <i>Monday-Friday: 9am-3pm</i>	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.
Seaview Specialist Outreach Recovery Service	Tel: 01424 717 981 Web: www.seaviewproject.co.uk Email: admin@seaviewproject.org.uk	A wraparound service based in Hastings, St Leonards and Bexhill intended to support people facing addiction with their recovery journeys.
Alcoholics Anonymous	Web: 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: 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: meetings.cocaineanonymous.org.uk/ 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: www.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	Tel: 07593 818 615 Email: jack.turner@cgl.org.uk <i>5 North Street, Eastbourne, BN21 3HG</i> <i>Saturdays and Sundays: 10am-3pm</i>	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.
Build on Belief	Tel: 07709 846979 Web: www.buildonbelief.org.uk Email: daledavies@buildonbelief.org.uk <i>5 North Street, Eastbourne, BN21 3HG</i> <i>Saturdays and Sundays: 10am-3pm</i>	Open to everyone at any stage of their recovery, offering a safe space, free hot food & drink and mindfulness activities. Spend time with likeminded people or get advice for a structured recovery pathway.