

# RECOVERY SERVICES IN EAST SUSSEX

<p><b>Seaview Project</b> Hatherley Road TN37 6LB</p> <p>Monday-Friday 10am-4pm</p>	<p><b>Tel:</b> 01424 717 981 <b>Web:</b> <a href="http://www.seaviewproject.co.uk">www.seaviewproject.co.uk</a> <b>Email:</b> <a href="mailto:admin@seaviewproject.org.uk">admin@seaviewproject.org.uk</a></p>	<p>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 &amp; clothes.</p>
<p><b>CGL- STAR</b> 13 Wellington Place Hastings, TN34 2NY Monday-Friday 10am to 4pm</p>	<p><b>Tel:</b> 03330 124 714 <b>Web:</b> <a href="http://www.changegrowlive.org/">www.changegrowlive.org/</a> <b>Email:</b> <a href="mailto:eastsussex.firststep@cgl.org.uk">eastsussex.firststep@cgl.org.uk</a></p>	<p>Structured treatment service for adults with drug &amp; alcohol issues. Includes support with opiates and dependence forming medication. Gateway to ambulatory / in patient detox and residential rehab.</p>
<p><b>Coastal Routes Recovery</b> P.O. Box 336 St Leonards, TN38 1NL Monday-Friday 9am-5pm</p>	<p><b>Tel:</b> 07340 662 368 <b>Web:</b> <a href="http://coastalroutesrecovery.org">coastalroutesrecovery.org</a> <b>Email:</b> <a href="mailto:community@coastalroutesrecovery.org.uk">community@coastalroutesrecovery.org.uk</a></p>	<p>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.</p>
<p><b>Build on Belief</b></p>	<p><b>Tel:</b> 07709 846 979 <b>Web:</b> <a href="http://www.buildonbelief.org.uk">www.buildonbelief.org.uk</a> <b>Email:</b> <a href="mailto:daledavies@buildonbelief.org.uk">daledavies@buildonbelief.org.uk</a></p>	<p>Build on Belief is open to everyone at any stage of their recovery, offering a safe space, free hot food and drink as well as mindfulness activities. Spend some time with likeminded people or get advice for a structured recovery path way.</p>
<p><b>Recovery Cafe</b> 5 North Street Eastbourne BN21 3HG Monday-Friday 9.30am-4pm</p>	<p><b>Tel:</b> 07593 818 615 <b>Email:</b> <a href="mailto:jack.turner@cgl.org.uk">jack.turner@cgl.org.uk</a></p>	<p>Open to those at any stage of recovery offering a safe welcoming space, warm drinks, food, experienced staff &amp; volunteers alongside 12 step, SMART, cooking, art and holistic therapies.</p>
<p><b>East Sussex Recovery Alliance</b> 5 Harold Place, Hastings, TN34 1JA Mondays, Wednesdays, Fridays 9.30am-2.30pm</p>	<p><b>Tel:</b> 01424 435 318 <b>Web:</b> <a href="http://www.esrauk.org">www.esrauk.org</a> <b>Email:</b> <a href="mailto:info@esrauk.org">info@esrauk.org</a></p>	<p>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.</p>
<p><b>SMART Recovery</b></p>	<p><b>Web:</b> <a href="http://smartrecovery.org.uk">smartrecovery.org.uk</a></p>	<p>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.</p>

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<b>Adfam</b> 27 Swinton St, London, WC1X 9NW (Postal only)	<b>Tel:</b> 07442 137 421 <b>Web:</b> <a href="http://www.adfam.org.uk">www.adfam.org.uk</a> <b>Email:</b> <a href="mailto:admin@adfam.org.uk">admin@adfam.org.uk</a>	Support for families affected by family members in addiction
<b>OASIS Project</b> 5 Harold Place, Hastings, TN34 1JA	<b>Tel:</b> 01424 231 826 <b>Web:</b> <a href="http://www.oasis.org.uk/east-sussex-services">www.oasis.org.uk/east-sussex-services</a> <b>Email:</b> <a href="mailto:owrs@oasisproject.org.uk">owrs@oasisproject.org.uk</a>	Support for women affected by drug or alcohol problems, and their families. Specialist sex worker support.
<b>Emerging Futures</b>	<b>Tel:</b> 03330 124 714 <b>Web:</b> <a href="http://www.emergingfutures.org.uk">www.emergingfutures.org.uk</a> <b>Contact:</b> <a href="http://emergingfutures.org.uk/contact">emergingfutures.org.uk/contact</a>	Support to people affected by homelessness, addiction and mental health challenges.
<b>East Sussex Veterans Hub</b> 5 Harold Place, Hastings, TN34 1JA Drop-in Mondays 10am to 3pm	<b>Tel:</b> 03301 077 808 <b>Web:</b> <a href="http://eastsussexveteranshub.co.uk">eastsussexveteranshub.co.uk</a> <b>Email:</b> <a href="mailto:esvh99100@btinternet.com">esvh99100@btinternet.com</a>	Support for veterans around addiction, mental health, housing, wellbeing.
<b>Project ADDER</b>	<b>Web:</b> <a href="http://www.eastsussex.gov.uk/community/people/project-adder">www.eastsussex.gov.uk/community/people/project-adder</a>	A multi agency partnership offering support and harm reduction to those affected by opiate and crack use, their families and the wider community.
<b>Alcoholics Anonymous</b>	<b>Web:</b> <a href="http://www.alcoholics-anonymous.org.uk/intergroups/hastings-rother-intergroup">www.alcoholics-anonymous.org.uk/intergroups/hastings-rother-intergroup</a>	Here you'll find AA meetings, activities and service for Hastings & Rother Intergroup -1066 Country
<b>SMART Recovery</b>	<b>Web:</b> <a href="http://smartrecovery.org.uk">smartrecovery.org.uk</a>	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.
<b>Narcotics Anonymous</b>	<b>Web:</b> <a href="http://sussexna.org/meetings/">sussexna.org/meetings/</a> <b>Email:</b> <a href="mailto:asc@sussexna.org">asc@sussexna.org</a>	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.
<b>Cocaine Anonymous</b>	<b>Tel:</b> 0800 612 0225 <b>Web:</b> <a href="http://meetings.cocaineanonymous.org.uk/meetings">meetings.cocaineanonymous.org.uk/meetings</a> <b>Email:</b> <a href="mailto:helpline@cauk.org.uk">helpline@cauk.org.uk</a>	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.