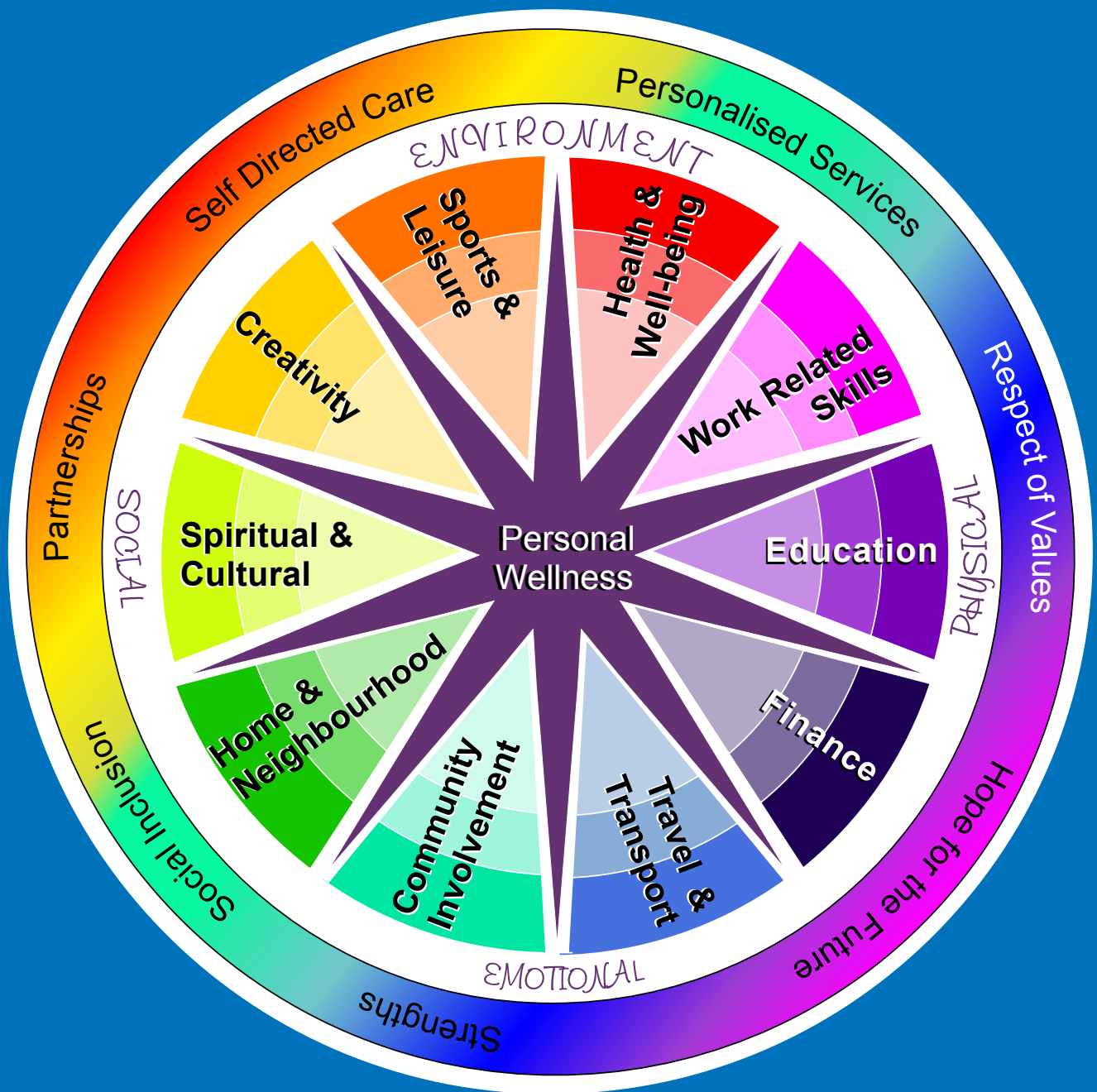
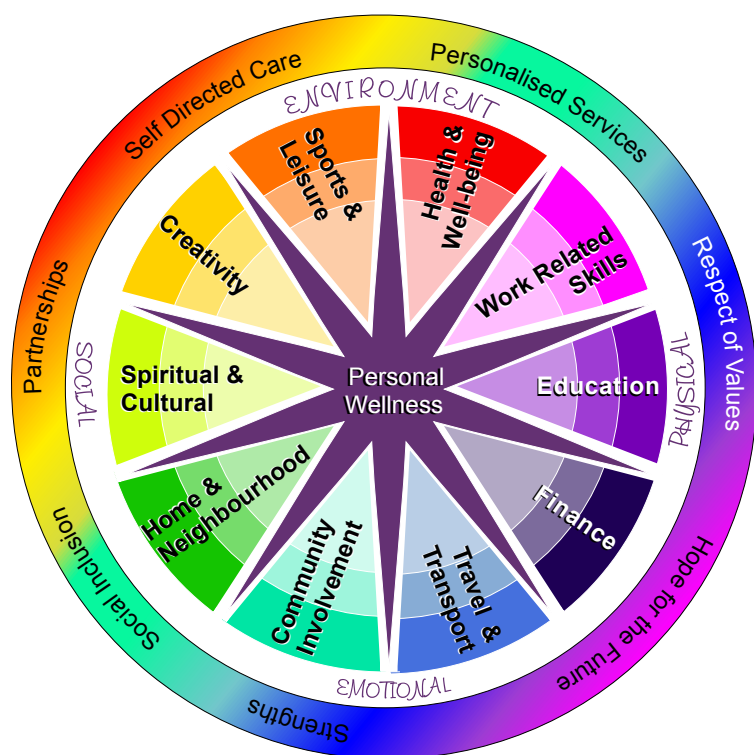


# ROCK Directory



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# Health and wellbeing

## **Green Gym Stanmer**

BTCV Office, Stanmer Park, Lewes Road, Brighton BN1 9SE

Telephone: 01273 691207 Mobile: 07740 899 709

Email: [information@btcv.org.uk](mailto:information@btcv.org.uk)

[www.btcv.org](http://www.btcv.org)

### **Services**

A unique scheme where you can become both physically and mentally healthier by taking part in conservation activities, based in Stanmer Park.

Work involves clearing and maintaining open spaces. Those interested should contact the phone number to receive an information pack and the current programme.

.....

## **Pharmacies Open Late**

### **Services**

- Ashtons at Seven Dials and Westons on Lewes Road, (9.00am to 10.00pm daily).
  - Boots on North Street (9.00am to midnight, Monday to Saturday).
- .....

## **Rock Clinic**

270 Eastern Road, Brighton BN2 5TA

Telephone: 01273 621841

[www.rockclinic.org.uk](http://www.rockclinic.org.uk)

### **Services**

Psychological therapies.

### **Details**

Low cost counselling scheme.

.....

## **Sexual Health Line**

Telephone: 0800 282930

### **Services**

A free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services.

.....

## **GP Surgeries**

### **Services**

Gym prescription scheme.

### **Details**

GP referral letter required and taken to Kinetica Leisure.

.....

## **As You Are Centre**

45 South Street, Southwick, West Sussex BN42 4TH

Telephone: 07952 754859

### **Services**

Provides affordable counselling and group work for depression, stress and anxiety for people living in Brighton, Hove, Portslade, Southwick, Shoreham and Lancing.

### **Details**

Do not work directly with sex offending but will work with individuals with such backgrounds on trauma work.

.....

## **Information Prescription**

Telephone: 0800 013 0351

[www.ipbh.org.uk](http://www.ipbh.org.uk)

### **Services**

Check the areas ticked on your prescription, for example Health Conditions and any specific information you need, which will be written in.

### **Details**

3 ways to get your information:

- Visit the website.
  - Visit your local library.
  - Call an information prescription advisor.
- .....

## **Sussex Counselling**

PO Box 308, Brighton BN2 OWA

Telephone: 01272 732 900

[www.sussex-counselling.co.uk](http://www.sussex-counselling.co.uk)

.....

## **Threshold**

79-83 North Street, Brighton BN1 1ZA

Telephone: 01273 827001

[www.bht.org.uk/services/threshold](http://www.bht.org.uk/services/threshold)

### **Services**

Women's Counselling and Crèche Service.

Threshold provides counselling and other therapeutic support for women experiencing emotional distress and mental ill health who live in Brighton and Hove and the surrounding area.

In addition, we offer crèche facilities to mothers using our services.

.....

# Health and wellbeing

## **RU-OK?**

Young Person's Substance Misuse Service in Brighton & Hove

West Wing, 1 Regency Road, Brighton BN1 2RU

Telephone: 01273 293966

[www.areyouok.org.uk](http://www.areyouok.org.uk)

### **Services**

RU-OK? is the young person's substance misuse service for Brighton & Hove. Providing free, confidential help and advice to young people (and their families) because of problems with drugs, alcohol or legal highs.

We will listen to you and help you make informed choices about drugs and alcohol, so you can recognise and address how they're affecting other areas of your life. We can help you get your life sorted how you want it to be, by offering you support with home, school, housing, health, relationships, confidence issues and more.

### **Details**

- "What's the point in me talking to you? You'll just tell me to quit won't you?"  
We're a team of professional substance misuse workers, social workers, doctors and nurses. Yes, we have your best interests at heart but we're impartial, so you can talk to us openly about your drug or alcohol use. We won't lecture you or tell you to stop. It's your life.
  - "Yeah right, then you'll just tell my parents / carers or the police won't you?"  
We respect your right to privacy. Everything you tell us will be kept confidential, which means we won't share it with anyone unless you want us to (there are a few exceptions – please read our confidentiality and information sharing policy).
  - Open Mon - Thurs 9.00am-5.00pm, Fri 9.00am-4.30pm.
- .....

## **Age UK**

(Previously Age Concern) Several Brighton branches – see website

[www.ageconcernbrighton-hove.org.uk](http://www.ageconcernbrighton-hove.org.uk)

### **Services**

- Counselling.
- Help at home.
- Computer drop in.
- Nail cutting.
- Information and advice.

### **Details**

For those aged 50+.

.....

## **Alcoholics Anonymous**

National Help line: 0845 769 7444

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Services**

12 step programme – many local meetings in Brighton see website for details.

.....

## **Bereavement Support**

The Chapel Royal, 164 North Street, Brighton BN1 1EA

Telephone: 01273 772210

Email: bereavementsupport@hotmail.co.uk

### **Services**

One-to-one bereavement support plus twice monthly 'Drop-in' group.

### **Details**

Offers a free, confidential service to all in Brighton & Hove, Shoreham & Southwick.

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## **Brighton & Hove Depression Self-Help Group**

The Priory Clinic, 14 -18 New Church Road, Hove BN3 4FH

Telephone: 01273 747464

Contact: Nicholas 07886 178056

### **Services**

Self-help group meetings are held on Wednesday evenings.

.....

## **Brighton and Hove Federation of Disabled People**

Montague House, Montague Place BN1 1JE

Telephone: 01273 296747

[www.bhfederation.org.uk](http://www.bhfederation.org.uk)

### **Services**

Providing a range of services to promote independence and dignity for all disabled people, including low cost counselling, disability advice, and more. See the web page for more details.

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## **Brighton Lesbian and Gay Switch Board**

6 Bartholomews, Brighton BN1 1HG

Helpline: 01273 204050

Counselling: 01273 202384

[www.switchboard.org.uk/brighton](http://www.switchboard.org.uk/brighton)

### **Services**

Support and information provided by the Helpline for LGBC.

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## **Brighton Oasis Project**

22 Richmond Place, Brighton BN2 9NA

Telephone: 01273 696970

Email: [general@brightonoasisproject.co.uk](mailto:general@brightonoasisproject.co.uk)

[www.oasisproject.org.uk](http://www.oasisproject.org.uk)

# Health and wellbeing

## Services

- Services for Women Substance Misusers and their Children.
- Structured and outreach services to help reduce the drug and alcohol related harm to women and their children.
- Groups, key working, crèche, drop-in, sex work outreach for female sex workers, homeless and vulnerable women.

## Details

- Reducing harm from drug and alcohol.
  - We hold a Drop-in Service on Mondays, Tuesdays, Wednesdays and Fridays from 1.15 - 3.15.
  - All services are supported by a crèche.
- .....

## Clare Project

Community Base, 113 Queens Road, Brighton BN1 3XG

Telephone: 0845 231 0505

[www.clareproject.org.uk](http://www.clareproject.org.uk)

## Services

A self help drop-in group supporting people dealing with gender issues and providing counselling. The drop-in has a facilitator and a psychotherapist in attendance.

## Details

Drop-in Group every Tuesday at:

Methodist Church, Dorset Gardens (Off James' Street), Brighton BN2 1RL

.....

## Counselling & Life Coaching for Men by Men

Telephone: 07824 612 899

## Services

Men's counselling service.

## Details

Committed to providing affordable, professional counselling in Brighton & Hove.

.....

## Cruse Bereavement Care

Community Base, 113 Queen's Road, Brighton BN1 3XG

Telephone: 01273 234007

Email: [brighton@cruse.org.uk](mailto:brighton@cruse.org.uk)

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

## Services

Information and support on bereavement, counselling, drop-in, social support, practical advice.

.....



## **The Drop-In Service at the Community Mental Health Centre**

79 Buckingham Road, Brighton BN1 3RJ

### **Services**

Sussex Partnership NHS Foundation Trust Day Service for people with mental health problems.

### **Details**

Open from 9.30 - 5.00pm Monday to Friday except for Bank Holidays.

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## **East Brighton Health Living Referrals**

2nd Floor Bartholomew House, Bartholomew Square, Brighton BN1 1JP

Tel: 01273 290223

Fax: 01273 294542

### **Services**

One to one help with improving health for residents of East Brighton.

Includes diet, exercise, mental health and substance misuse.

### **Details**

Health Trainers: Sarah Withers, East Brighton Healthy Living Referral Coordinator, Brighton and Hove City Council. Community Health Trainers.

.....

## **Expert Patient Programme**

Telephone Charlotte Stevens/Natasha Faulder: 01273 803 550

Email: [epp@bhcpct.nhs.uk](mailto:epp@bhcpct.nhs.uk)

### **Services**

6 week courses, 2.5 hours per week focused on self management of chronic health problems, run by someone who has suffered with chronic illness.

### **Details**

- Persistent Pain Programme.
  - Looking after me (course for carers).
  - Living Well.
  - Self Management – moving from person to person.
  - New Beginnings (mental health specific).
- .....

## **GP, Out Of Hours Service**

Telephone: 0845 456520

### **Services**

Urgent out of hours GP service for Brighton and Hove.

### **Details**

6.30am to 8am Monday to Friday, at any time Bank Holidays and Weekends.

.....

# Health and wellbeing

## **GP, Walk In Service**

Brighton Station Health Centre (Queens Road)

### **Services**

Walk in service for treating minor injuries or problems.

### **Details**

Open 8.00am to 8.00pm.

.....

## **Hearing Voices Group**

MIND in Brighton & Hove, 51 New England Street, Brighton BN1 4GQ

Telephone: 07906 525875

Email: [info@hearingvoicesbrighton.org.uk](mailto:info@hearingvoicesbrighton.org.uk)

[www.hearingvoicesbrighton.org.uk](http://www.hearingvoicesbrighton.org.uk)

### **Services**

To help people who hear voices to share and explore their own experiences and develop personal coping strategies in a safe and confidential environment, learning with and from others.

Tuesdays from 6.30 - 7.30pm.

### **Details**

If you are interested in taking part in the group, or would like to find out more please contact 07906 525875 or via our website or email.

.....

## **Help For Veterans**

Telephone Nick Zaver: 07834992504

Email: [Zulu1953@hotmail.co.uk](mailto:Zulu1953@hotmail.co.uk)

### **Services**

A new charity to provide peer support to ex-service personnel with mental health problems.

.....

## **Intergrated Community Equipment Service (ICES)**

Belgrave Centre, Clarendon Place, Portslade, Brighton BN41 1DJ

Telephone: 01273 295707

Fax: 01273 295708

### **Services**

Provision of daily living community equipment, via the health professional – community nurse, physiotherapist, or occupational therapist, including:

- Bath aids.
- Trolleys.
- Commodes.

### **Details**

May also prescribe nursing and medical equipment, such as:

- Nursing beds.
  - Equipment to prevent pressure sores.
  - Walking frames/crutches.
- .....

## **MDF BiPolar Organisation**

79 Buckingham Road, Brighton BN1 3RJ

Telephone: 0845 340 542

### **Services**

Self-help group for sufferers and carers.

### **Details**

Meeting times 7.30 - 9.30pm first Thursday of each month.

.....

## **Men Get Eating Disorders Too!**

Telephone Sam Thomas, Project Leader: 7906227129

Email: sam@mengetedstoo.co.uk

### **Services**

Peer support group for men affect by eating disorders in Brighton & Hove.

### **Details**

Meeting time: Wednesday 7.30 - 9.00pm.

Location: Central Brighton (please check website for the location of meetings or get in contact by phone or email).

.....

## **New Horizons Drop-in Mental Health Service**

The Allen Centre, 60 Sackville Gardens, Hove BN3 4GH

Telephone: 01273 265626

### **Services**

Sussex Partnership NHS Foundation Trust Day Service for people with mental health problems.

### **Details**

Open daily from 10.00 - 6.00pm everyday of the year, except Tuesdays when it closes at 4.00pm and Thursday at 2.00pm.

.....

## **OCD Brighton Support Group**

79 Buckingham Road, Brighton BN1 3RJ

Telephone: 01403 713 123 (evenings)

Email: lin.thornton@btopenworld.co.uk

### **Services**

A support group for suffers, family and friends.

### **Details**

Meetings First Wednesday of every month 6.30 - 8.15pm.

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# Health and wellbeing

## **Pathways to Health**

15 New Road, Brighton BN1 1UF

Telephone: 01273 720200

[www.pathwaystohealth.org.uk](http://www.pathwaystohealth.org.uk)

### **Services**

Low cost community ear acupuncture - for anyone who feels under stress, experiences anxiety and depression, or may be trying to deal with alcohol, drug or tobacco dependency.

All clinics are run on a "drop-in" basis. You do not need to make an appointment. Each treatment take 45 minutes, so please arrive in good time, noting closing times.

### **Details**

- Mon 2.00pm - 5.00pm: The Allen Centre, 60 Sackville Gardens Hove BN3 4GH
  - Wed 10.00am - 1.00pm: CRI, 11 St Georges Place, Brighton BN1 4GB
  - Fri 5.00pm - 7.00pm: Cornerstone Community Centre, Church Road (near Palmeira Square) Hove BN3 2FL
- .....

## **Preston Park Resource Centre**

18 Preston Park Avenue, Brighton BN1 6HL

### **Services**

A structured day service for people with mental health problems.

### **Details**

Open Tuesdays to Thursdays 9.00am - 4.30pm, Fridays 9.00am - 4.00pm.

.....

## **S.A.D. Association (SADA)**

PO Box 989 Steyning, West Sussex, BN44 3HG

Telephone: 01903 814942

[www.sada.org.uk](http://www.sada.org.uk)

### **Services**

Supports and advises sufferers of seasonal affective disorder, informs public.

.....

## **Samaritans**

(Brighton and Hove District)

Dubarry House, Unit 1/3, Newtown Road, Hove BN3 6AE

Telephone: 01273 772277 / 0845 909 090

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

### **Services**

Telephone support for any person who is suicidal or despairing.

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# Health and wellbeing

## **Stop Smoking Brighton and Hove**

Telephone: 01273 267397

Email: stopsmoking@southdowns.nhs.uk

### **Services**

Support to stop smoking.

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## **Stressline**

Telephone: 0300 123 2000 8.00am -10.00pm 7 days a week

### **Services**

Practical advice and where to get help to address your worries about money, debt or employment.

.....

## **Sussex Break Even**

[www.sussexbreakeven.org.uk](http://www.sussexbreakeven.org.uk)

### **Services**

Counselling and support for problem gamblers.

.....

## **Sussex Mental Healthline**

Sussex Partnership NHS Foundation Trust

Telephone: 0300 5000101

### **Services**

Telephone help line for people experiencing mental health difficulties.

### **Details**

24 hours a day, 365 days a year.

.....

## **YAC**

Sussex Central YMCA, Reed House, 47 Church Road, Hove, East Sussex BN3 2BE

Telephone: 01273 889292

Email: [yacservices@sussexcentralymca.org.uk](mailto:yacservices@sussexcentralymca.org.uk)

[www.hoveymca.org.uk/yac](http://www.hoveymca.org.uk/yac)

### **Services**

- Counselling.
- Drop in.
- Family mediation (Dialogue Centre).
- Sexual health advice and testing.
- Housing advice.

### **Details**

Age 13-25.

.....

# Health and wellbeing

## **Young People's Centre**

69 Ship Street, Brighton BN1 1AE

Telephone: 01273 887886 or 01273 230130

Confidential Counselling Line: 01273 711633

Email: [ypc@impact-initiatives.org.uk](mailto:ypc@impact-initiatives.org.uk)

### **Services**

- Counselling.
- Drop in.
- Information and advice.

### **Details**

Age 13-25.

.....

## **The Carer's Centre**

18 Bedford Place, Brighton, East Sussex BN1 2PT

Telephone: 01273 746222

[www.thecarerscentre.org](http://www.thecarerscentre.org)

### **Services**

One to one support and support group for all carers. Also includes the young carer's project.

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## **Combat Stress**

Veterans Mental Health Charity

Help Line 24 Hour 365 Days: 0800 1381619

[www.combatstress.org.uk](http://www.combatstress.org.uk)

[www.rethink.org.uk](http://www.rethink.org.uk)

### **Services**

- 14 community outreach teams nationwide.
- 3 short stay treatment centres (up to 2 weeks) Ayrshire.
- Leatherhead, Surrey Tyrwhitt House (30 beds) MDT.

### **Details**

24 Hour help line provided by Rethink for Veterans suffering psychological condition related to their service (PTSD).

.....

## **Sussex Mental Health Line (Sussex Partnership NHS Foundation Trust)**

Telephone : 0300 5000 101 or Lesley Woolf, Team Leader: 01903 843248

### **Services**

24 hour telephone support for West Sussex. Out of hours support for Brighton & Hove and East Sussex (5pm to 0900 and 24 hours at weekends).

### **Details**

Support for all those, and their carers, who have mental health issues. Advice and information also given. Costs as per local call.

.....

## **Allsorts Youth Project**

[www.allsortsyouthproject.org.uk](http://www.allsortsyouthproject.org.uk)

### **Services**

LGBTU project in Brighton to support young people under 26.

Offer weekly drop-in on Tuesday evenings for those aged 16-25 between 5.30pm and 8.30pm. Includes games, art activities, workshops and assorted health and wellbeing programmes.

### **Details**

Telephone, email and one to one support to LGBTU young people with youth workers.

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## **LiVE's Mental Health Focus Groups**

Part of Mind in Brighton & Hove's LiVE Project

Telephone: 01273 666950

[www.mindlive.co.uk/mental-health-focus-groups](http://www.mindlive.co.uk/mental-health-focus-groups)

### **Services**

LiVE (Listening to the Voice of Experience) is a project for people in Brighton and Hove with lived experience of mental health issues and an interest in improving and developing local mental health services.

The LiVE Mental Health Focus Groups will happen throughout the year with subject areas chosen by the public, as well as relating to issues identified by commissioners. They will be open to the public as well as LiVE project members.

### **Details**

If you are local to Brighton and Hove, have lived experience of mental health issues and are interested in becoming a project member, joining the LiVE network or taking part in a mental Health Focus Group please call us on 01273 666950 (please leave a message if your call is not answered and we will get back to you).

Or use the contact form on [www.mindlive.co.uk/contact](http://www.mindlive.co.uk/contact)

Please note places are limited.

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## **Keep Calm & Carry On**

Right Here Brighton and Hove – Anger management for 16-25 year olds

Telephone Jo Woodhams, Activities Coordinator: 07850 500420

Email: [jo.woodhams@sussexcentralymca.org.uk](mailto:jo.woodhams@sussexcentralymca.org.uk)

[www.right-here-brightonandhove.org.uk](http://www.right-here-brightonandhove.org.uk)

### **Services**

A 6-week group for young people that have issues with anger and recognise anger is stopping them living fully, enjoying their lives and getting on with the people around them.

Free for 16-25 year olds.

"Resilience is the ability to recover easily from exposure to adversity and difficult times - to bounce back and be stronger."

### **Details**

- Starts Wed 13th February 2013, 5.30pm - 7.30pm.
  - (Assessments carried out up to 3 weeks prior to the start date).
  - Overest House, West Street (free food provided).
  - This course will run throughout the year so please apply at any time.
-

# Health and wellbeing

## Wellbeing Service

Sussex Partnership NHS Foundation Trust  
Brighton & Hove Integrated Care Service (BICS)

Telephone: 0300 002 0060

Email: [bics.brighton-and-hove-wellbeing@nhs.net](mailto:bics.brighton-and-hove-wellbeing@nhs.net)

**Patients:** [www.bics.nhs.uk/patient-information/choose-where-you-are-treated/community-clinics/brighton-and-hove-wellbeing-service](http://www.bics.nhs.uk/patient-information/choose-where-you-are-treated/community-clinics/brighton-and-hove-wellbeing-service)

**Health Care Professionals:** [www.bics.nhs.uk/for-health-professionals/clinical-services/brighton-and-hove-wellbeing-service](http://www.bics.nhs.uk/for-health-professionals/clinical-services/brighton-and-hove-wellbeing-service)

## Services

The Wellbeing Service is the new mental health service in primary care. The service offers help in GP practices for adults of all ages with the more common and relatively simple mental health problems.

The service is for people of all ages with relatively simple depression, anxiety, relationship issues, eating disorders, etc. Symptoms may be severe, but the presentation simple.

Problems may be relatively low level and, for example, benefit from a psycho-educational group to develop skills in anger management, stress management, etc.

Or problems may be relatively simple, and addressed by short-term psychological therapies; e.g. 1 or 2, or up to 6 sessions of a 1:1 Cognitive Behavioural Therapy intervention.

Some longer term therapies are available for people with the more entrenched, or difficult problems.

The service operates from, and near to, GPs' practices, in clusters.

## Details

The service is led by GPs, with counselling and psychological therapy leads. Sussex Partnership is a partner in the service, along with BICS, Turning Point and Mind.

Primary Care Practitioners manage low-moderate risks, sometimes shared with GPs.

GAD and PHQ self report measures are used in the service; scores can be in the severe range, provided the presentation is relatively simple.

The professionals working in the Wellbeing Service are:

- GPs.
- Primary Care Mental Health Workers.
- Psychological Wellbeing Practitioners.
- Community Support Workers.
- Talking Therapists.

The local practices are St Peters Medical Centre, Park Crescent Surgery, Goodwood Court, Stanford Medical Practice, Albion Street Surgery and Preston Park Surgery.

The service's hours are 08:00 - 18:00 and the service welcomes enquiries about potential referrals.

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## **The Children and Adults Talking Together Programme (CATT)**

Support for children and families living with substance misuse run by the Brighton Oasis Project

Telephone Tania Soley: 01273 696970 or Sue Bowes: 01273 292949

Email [info@brightonoasisproject.co.uk](mailto:info@brightonoasisproject.co.uk)

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

### **Services**

A new support group for children and adults affected by someone else's drug or alcohol use is offering free sessions for Brighton & Hove residents.

The Children and Adults Talking Together (CATT) programme is run by the Brighton Oasis Project.

While children take part in their own group activities, their adult carers attend sessions where they can discuss their situation and get support to cope better with someone else's substance misuse.

"If someone in the family is misusing drugs or alcohol it will have a massive impact on the people they live with or are close to" said programme co-ordinator Tania Soley.

"We aim to offer practical support for children and adults living in that situation."

Funded by CAFTA - Communities and Families Tackling Addiction.

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## **Free NHS Health Checks**

Brighton & Hove City Council

Email: [healthchecks@brighton-hove.gov.uk](mailto:healthchecks@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

Free health checks for people living in Brighton & Hove. Anyone who meets the following criteria is entitled to a free NHS health check. Those who:

- Are between 40 - 74 years of age.
- Aren't diagnosed with or being treated for; heart disease, diabetes stroke, kidney disease, cholesterol, blood pressure.
- Have not had an NHS Health Check within the last 5 years.

Taking action now can help prevent the onset of conditions including heart disease, type 2 diabetes, kidney disease and stroke.

### **Details**

Appointments last for around 30 minutes and are carried out by a qualified nurse who will check your:

- Blood pressure.
- Body mass index.
- Risk of heart disease.
- Cholesterol.

We will provide you with personalised healthy lifestyle advice to lower your risk.

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## **'the3rdWave' Acceptance and Commitment Therapy Group for Psychosis**

'the3rdWave' Acceptance and Commitment Therapy Support Group  
Sussex Partnership NHS Foundation Trust

'the3rdWave' Acceptance and Therapy Group for Psychosis: Tuesdays 2.00pm - 3.30pm  
Activities Room, Wish Day Hospital, Mill View Hospital, Nevill Avenue, Hove, BN3 7HZ

'the3rdWave' Acceptance and Therapy Support Group: Tuesdays 5.00pm - 6.00pm  
Pavilion Conference Room, Mill View Reception Area, Mill View Hospital, Nevill Avenue, Hove, BN3 7HZ  
Email: nicholas.mcmaster@sussexpartnership.nhs.uk or martin.lunn@sussexpartnership.nhs.uk

### **Services**

'the3rdWave' is open to service users from the following services in Brighton & Hove: Adult mental health inpatient wards, Crisis Resolution and Home Treatment (CRHT), Assertive Outreach Team (AOT).

Service users who start the Group for Psychosis whilst an inpatient can continue to attend the group post discharge.

Service users can attend up to two 4 session cycles.

All service users who attend at least one 4 session cycle are invited to attend the weekly support group.

The 4 session cycle can be joined at any session.

The group is open to service users who experience psychosis as a part of their symptoms. They do not necessarily need to have a diagnosis of psychosis.

The group is referral only. Service users on the wards can self refer. For referrals from staff, in the first instance, a brief email outlining the reasons for referral is sufficient.

### **Details**

"Acceptance and Commitment Therapy is usually simply referred to as 'act' and not as the initials A-C-T. There's a good reason for this. At its core, ACT is a behavioural therapy: it's about taking action. But it's not about just any old action.

First, it's about values-guided action. There's a big existential component to this model:

- What do you want to stand for in life?
- What really matters, deep in your heart?
- What do you want to be remembered for?

ACT gets you in touch with what really matters in the big picture: your heart's deepest desires for whom you want to be and what you want to do during your brief time on this planet. You then use these core values to guide, motivate, and inspire behavioural change.

Second, it's about "mindful" action: action that you take consciously, with full awareness - open to your experience and fully engaged in whatever you're doing.

ACT gets its name from one of its core messages: accept what is out of your personal control, and commit to taking action that enriches your life. The aim of ACT is to help us create a rich, full, and meaningful life, while accepting the pain that life inevitably brings. ACT does this by teaching us psychological skills to handle painful thoughts and feelings effectively, in such a way that they have much less impact and influence – these are known as mindfulness skills; and helping us to clarify what's truly important and meaningful to us – that is, clarify our values – and use that knowledge to guide, inspire, and motivate us to set goals and take action that enriches our life." From 'ACT Made Simple' by Russ Harris

'the3rd Wave' ACT group for psychosis takes this approach over four sessions with the aim to improve a person's ability to cope with psychosis and other unwanted experiences and turn our attention and energy away from the fight and towards living life to its full potential.

.....

## **Nightline**

Telephone: 0207 7631 0101

Email: [listening@nightline.org.uk](mailto:listening@nightline.org.uk)

[www.nightline.org](http://www.nightline.org)

### **Services**

Students there for students 6.00pm - 8.00pm every night during term time. Free calls on Skype.

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## **Substance Misuse Service**

26 Ditchling Road, Brighton BN1 4SF

Telephone: 01273 242172

[www.southdowns.nhs.uk](http://www.southdowns.nhs.uk)

### **Services**

Assessment and treatment for people with drug and alcohol problems.

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## **Sussex Community NHS Trust**

Telephone: 01273 574647

[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

### **Services**

Expert Patients Programme.

### **Details**

A free self management course for people who are living with any long term health condition.

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## **Sussex Partnership NHS Foundation Trust**

Telephone: 01903 843000

Email: [info@sussexpartnership.nhs.uk](mailto:info@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Provides specialist mental health, substance misuse and learning disability services.

Search for a range of services provided by the Service Directory.

Care groups, localities, services and teams (A-Z) and sites (A - Z).

### **Details**

Useful overview of services provided including:

- Primary Care/Wellbeing Services.
  - Community Services.
  - Hospital.
  - Specialist Services (including secure and forensic).
- .....

# Health and wellbeing

## **Arun Wellbeing**

Arun District Council

Telephone: 01903 737862

Email: wellbeing@arun.gov.uk

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

The wellbeing team promotes opportunities for improving the physical and mental wellbeing of residents of all ages and abilities across the Arun district.

### **Details**

Search under Mental Wellbeing, list of useful websites.

Search projects for Arun e.g Western Locality Peer Support.

(Capital Project) Health walks, Bok, Postnatal depression.

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## **Samaritans**

Telephone: 08457 909090 or 01243 826333

### **Services**

Telephone support.

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## **Sussed About Drugs**

[www.sussedaboutdrugs.net](http://www.sussedaboutdrugs.net)

### **Services**

Info about drugs and being safe.

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## **BBC Headroom**

[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)

### **Services**

A resource to encourage people to look at their mental wellbeing.

.....

## **Hearing Voices**

Telephone: 0161 834 3033

[www.hearingvoices.org](http://www.hearingvoices.org)

### **Services**

To help people who hear voices to share and explore their own experiences.

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## **Exact West Sussex Drug and Alcohol Service Users Projects**

Telephone: 0872416485

Email: [arun.exact@rocketmail.com](mailto:arun.exact@rocketmail.com)

### **Services**

Consultation project for people affected by drugs and alcohol. Aims to improve local services.

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## **The Mindful Project**

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

### **Services**

Project for people suffering with mental health issues. Group activities to promote recovery including cooking, maintaining an allotment and weekly rambles.

### **Details**

Run by United Response.

Referrals from GPs and Arun Health Trainers Scheme only.

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## **West Sussex Integrated Community Drug & Alcohol Treatment Service (run by CRI and CNWL)**

Telephone: 0300 303 8677

Fax: 01243 867190

**Bognor:** Services will be open from 9.00am - 8.00pm Monday to Friday and 9.00am - 5.00pm Saturday. Services will continue as usual – All prescribing appointments will be run from this address.

Address: CRI Clock Walk Project, Units 3-6 Clock Walk, 7-11 High Street, Bognor Regis PO21 1SG

**Chichester:** Services will be open from 9.00am - 8.00pm Monday to Friday and 9.00am - 5.00pm Saturday.

**Services will continue as usual** – Address: The Old Post office, Old Post Office Mews South Pallant, Chichester, West Sussex PO19 1XP

**Midhurst & Selsea:** All satellite services will continue as usual.

**Littlehampton:** All satellite services will continue as usual.

### **Services**

All drug and alcohol services in West Sussex have been brought together into one, integrated recovery service. The new service is intended to become more responsive to you individual patient needs with the treatments that you are currently receiving as part of your agreed treatment plan continuing. The changes will experience will include:

- **Integrated Services:** An accessible, local, high quality, integrated service that promotes recovery, health, wellbeing and empowerment.
- **Greater choice and control over your recovery and wider access to positive opportunities.**
- **Increased Access to Services:** Giving you access to services when you need it most.
- **A Range of Recovery Services and Specialist Clinical Services:** Including prescribing, alcohol specific interventions, needle exchange, drop-ins, blood borne virus vaccination and testing, health and wellbeing clinics and community detoxification and support.

### **Details**

This service has replaced Addiction Dug and Alcohol Services for West Sussex.

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## **Sussex Mental Healthline**

Sussex Partnership NHS Foundation Trust

Telephone: 0300 5000 101

### **Services**

Telephone help line for people experiencing mental health difficulties.

### **Details**

24 hours a day 365, days a year.

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# Health and wellbeing

## **British Dyslexia Association**

Telephone: 0845 261 9002

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## **RNID Royal National Institute for the Deaf**

Telephone: 08088 080 123 Textphone: 08088 089000 (both free)

[www.mid.org.uk](http://www.mid.org.uk)

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## **Gamblers Anonymous National Helpline**

**Telephone:** 08700 50 8880 (24 hours a day)

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### **Services**

Website

### **Details**

Links to details about GA meetings, forums and live chat.

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## **BEAT**

Telephone: 0845 634 1414

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

### **Services**

Beating eating disorders – UK's leading charity formerly (Eating Disorders Associations).

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## **BEAT Youthline**

Telephone: 0845 634 7650

Email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

### **Services**

Eating disorder charity UK leading charity (for people up to 25 years).

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## **Overeaters Anonymous**

Telephone: 07000 784985

National: 01273 890445

### **Services**

Self help group that offers support for people suffering with compulsive eating.

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## **Youthline**

Telephone: 0845 634 7650

Text: 07 977 493 345 (standard text rates)

Email: [talkback@edauk.com](mailto:talkback@edauk.com)

### **Services**

Support and counselling for young people up to and including 18 years.

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## **Age Concern Advocacy**

Telephone: 01903 731800

Mobile: 01703 815700

Email: [advocacycoastal@acwestsussex.org](mailto:advocacycoastal@acwestsussex.org)

### **Services**

Older people.

### **Details**

Provides volunteers to enable older people with mental health difficulties to express their needs and make choices.

.....

## **Midhurst Mind Projects**

St Ann's Centre, St Ann's Hill, Midhurst

Telephone Toni Haynes: 07957 209244 or 01730 814999

[www.midhurstmindprojects.org.uk](http://www.midhurstmindprojects.org.uk)

### **Services**

A range of activities and groups held at the local catholic church hall. A time bank where people carry out tasks for other members in hour long blocks of time for which they receive time credit which they can then spend to get jobs done for themselves.

### **Details**

Mind the Gap social enterprise which involves new and nearly new children's clothing, run as a small retail business.

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## **Overeaters Anonymous Group**

Telephone Tangmere GP: 01243 77966

[www.oagb.org.uk](http://www.oagb.org.uk)

### **Services**

New service for people with obesity WHY WEIGHTONN.

Offers 1 week exercise, 1 month with dietician and 1:1 counselling or group sessions for 6 - 15 session, 6 months intervention in all.

Blood pressure, blood tests cholesterol etc from GP prior to starting.

### **Details**

GP referral.

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## **Voice for Disability (West Sussex Association for Disabled People)**

Telephone: 01903 244457

[www.wsad.org.uk](http://www.wsad.org.uk)

### **Services**

Services include DLA form filling advice, information service, access groups, discussion forums Useful links include Transport/Equipment/Holidays.

### **Details**

User led disability charity based in Goring West Sussex.

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## **Life Centre**

Telephone: 01243 786349  
Help line for Adults: 0844 8477879  
Help line for Under 18s: 0808 8020808  
Text: 07717 989022

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Supports survivors of rape and sexual abuse. Provides confidential space/help line for support.

### **Details**

Costs are £20.00 for 1st session and means tested thereafter up to £45.00.

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## **Mood Management Service**

Primary Care Mental Health

Telephone: 01243 812537

### **Services**

Free ten week CBT (Cognitive Behavioural Therapy) based course, run by counsellors and Mental Health Advisors. For help with depression and anxiety related conditions.

### **Details**

Appointments made via GP.

Each session lasts 1 1/2 hours + in a local community setting.

1:1 Introductory session.

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## **Chichester Area Mind**

Forum House, Stirling Road, Chichester PO19 7DN

Telephone Mandy Middleton: 01243 787878

Email: [enquiries@chichestermind.f2s.com](mailto:enquiries@chichestermind.f2s.com)

[www.chichesterareamind.org.uk](http://www.chichesterareamind.org.uk)

### **Services**

We promote good emotional health and wellbeing and empower people with mental health issues to manage their own mental health, strengthen self esteem and self confidence, build strong relationships, enjoy community life and achieve their personal goals. This work is taken forward mainly through 12 support groups, providing support for younger and older people alike. We also work hard to improve the public understanding of mental health with a view to reducing stigma.

### **Details**

The groups include 2 groups in Chichester and Bognor for younger people with a weekly meeting, a Saturday respite service in Midhurst, Chichester and Bognor for people with dementia and their carers, an "Our Cafe" social/support facility for people with dementia and their carers in Chichester and Bognor, "Tea and Chat" groups in Chichester and Bognor, and group for women with post natal depression in Bognor.

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## **Richmond Fellowship Chichester**

Long Term Outreach Support Service, Forum House, Stirling Road, Chichester, West Sussex PO19 7DN

Telephone Ann Marie Garrett: 01243 780420

Email: [westsussex@richmondfellowship.org.uk](mailto:westsussex@richmondfellowship.org.uk)

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

### **Services**

A service for 18 - 65 years old living in the Chichester district who are experiencing mental health problems. For people with enduring mental health problems who have complex needs and eligible/in receipt of Self Directed Support/Direct Payments.

### **Details**

Referrals accepted from Community Mental Health Team. For more information please contact the office.

Office Opening Hours 9.00am - 5.00pm.

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## **Arun East Community Mental Health Team**

Sussex Partnership Foundation NHS Trust, Pepperville House, Fort Road, Littlehampton, West Sussex

Telephone: 01903 735960

### **Services**

Support for people in their own homes, avoiding the need for hospital admissions and helping them to build the necessary resilience for recovery.

### **Details**

Service provided via GP referral only.

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## **NHS West Sussex**

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Services**

Free NHS Health check.

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## **Sussex Mental Health line (Sussex Partnership NHS Foundation)Trust)**

Telephone: 0300 5000 101

Team Leader, Lesley Woolf: 01903 843248

### **Services**

24 hour telephone support line for West Sussex. Out of hours support for Brighton and Hove and East Sussex (5.00pm to 9.00am and 24 hours at weekends).

### **Details**

Support for all those, and their carers, who have mental health issues. Advice and information also given.

Costs as per local call.

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## **Sussex Partnership NHS Foundation Trust**

Telephone: 01903 843000

Email: [info@sussexpartnership.nhs.uk](mailto:info@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Provides specialist mental health, substance misuse and learning disability services. Search for range of services provided by the Trust in the service directory: - Care Groups, Localities, Services and Teams (A-Z) Sites (A-Z).

### **Details**

Useful overview of services provided including:

- Primary Care/Wellbeing Services.
  - Community Services.
  - Hospital Services.
  - Specialist Services (including Secure and Forensic).
- .....

## **NHS West Sussex**

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Details**

Excellent resource for Web site links you to signpost to support around wellbeing i.e metal health, physical health/ophthalmic, smoking cessation, weight management etcA-Z of services e.g alcohol/parenting.

### **Services**

Free NHS Health check.

.....

## **Children and Family Centre**

Sidney West Children and Family Centre, Leylands Road, Burgesss Hill

Telephone Paloma King: 01444 255493

Email: [paloma.king@westsussex.gov.uk](mailto:paloma.king@westsussex.gov.uk)

### **Services**

Regular stay and play for 0-5 years. Midwife and antenatal Health visitors JC plus.

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## **Nightline**

Telephone: 0207 7631 0101

Email: [listening@nightline.org.uk](mailto:listening@nightline.org.uk)

[www.nightline.org.uk](http://www.nightline.org.uk)

[www.nightline.ac.uk](http://www.nightline.ac.uk)

### **Services**

Free calls on Skype. Students there for students 6.00pm to 8.00pm every night during term time.

### **Details**

2 students are available every night of term.

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# Health and wellbeing

## **BBC Headroom**

[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)

### **Services**

A resource to encourage people to look at their mental wellbeing.

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## **NHS West Sussex Choices**

[www.westsussex.nhs.uk/transport](http://www.westsussex.nhs.uk/transport)

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Services**

Website allowing you to find health related services within your local area, by postcode search. Or excellent resource for Web site links you to signpost to support around wellbeing i.e mental health, physical health/ ophthalmic, smoking cessation, weight management etcA-Z of services e.g alcohol/parenting.

### **Details**

Alcohol Services, Asthma Clinics, Breast Cancer Screening, Carers Services, Community Clinics, Dentists, Diabetics Clinics, Foot services, GPs, Hospitals, Memory Problems, Mental Health Services, Midwifery Teams, Minor Injuries Units, NHS TrustsOpticians, Parenting and Childcare, SvsPharmacists, Renal Services, Sexual Health Services, Sports and Fitness Services, Stop Smoking Centres, Support for Independent living, Termination of pregnancy clinics (abortion clinics), Walk-in-Centres.

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## **Mid Sussex Wellbeing**

Telephone: 01444 477191

Email: [healthy@midsussex.gov.uk](mailto:healthy@midsussex.gov.uk)

[www.midsussexwellbeing.org.uk](http://www.midsussexwellbeing.org.uk)

### **Services**

Web based information and database of organisations linked to Mid Sussex. Can search by topic, age, condition or disability, locality.

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## **Impact Tasty Neighbourhood Watch**

Telephone: Lucinda or Elizabeth 01444 457080

### **Services**

Healthy Cook and eat project, cooking from scratch on a budget.

### **Details**

Creates awareness of the importance of eating a well balanced diet.

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## **Get Started With Cooking**

Telephone Rowan Pringle: 01622 694280

### **Services**

Educational program for people aged between 16 - 25 who are not in education or employment (NEET).

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# Health and wellbeing

## **Men's Shed**

Petworth

Telephone: 07814 186874

Email: [info@menshedpetworth.org.uk](mailto:info@menshedpetworth.org.uk)

[www.menshedpetworth.org.uk](http://www.menshedpetworth.org.uk)

### **Services**

Make rural crafts in a community group. All tools and materials provided. All men welcome.

### **Details**

Wednesday 10.00am - 2.00pm at Petworth Community Garden. Wheelchair accessible venue.

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## **Horsham District Council Health Walks**

[www.horsham.gov.uk/leisure](http://www.horsham.gov.uk/leisure)

### **Services**

Click on current walk programmes in the area with timetables and contact details from level 1 to level 3.

### **Details**

Contacts for each walk available on the website.

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## **Get Started with Cooking**

**Telephone:** 01273 221477

Email: [joanna.tolley@princes-trust.org.uk](mailto:joanna.tolley@princes-trust.org.uk)

### **Services**

Engagement project for young people 16 - 25 not in education or employment.

Following the programme, the young people will be offered 3 months of one to one progression support to get back into education, training or employment.

### **Details**

Food & Hygiene Certificate.

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## **Community Equipment Service**

Telephone: 0845 1272934

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Daily Living equipment

### **Details**

Via their health professional – community nurse, physiotherapist, or health occupational therapist - can provide many simple items of equipment, these include bath aids, trolleys and commodes.

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# Health and wellbeing

## **Hearing Voices**

Telephone: 0161 834 3033

[www.hearingvoices.org/groups](http://www.hearingvoices.org/groups)

### **Services**

To help people who hear voices to share and explore their own experiences.

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## **Horsham District Wellbeing**

It's All About Me – Motivation, Exercise, Eating

Telephone: 01403 215111

Email: [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk)

[www.horshamdistrictwellbeing.org.uk](http://www.horshamdistrictwellbeing.org.uk)

### **Services**

A free 12 week programme which aims to help individuals live a more healthy lifestyle. The programme includes information on healthy diet and exercise options and an opportunity to participate in low impact activity. Subject to eligibility criteria.

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## **Discovery Sensory Room**

Broadbridge Health Leisure Centre, Wickhurst Lane, Broadbridge Heath

Telephone: 01403 211311

### **Services**

Purpose built sensory room with ball pool, fibre optic strands, UV tactile panel. Suitable for disabled children/ adults and under 5's available most afternoons weekdays and weekend.

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## **Community Equipment Service**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Daily living equipment provided via local council.

### **Details**

Via their health professional, community nurse, physiotherapist, or health occupational therapist, can provide many simple items of equipment. These include: bath aids, trolleys, commodes They may also prescribe nursing and medical equipment, such as: nursing beds equipment to prevent pressure sores ,walking frames crutches.

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## **British Dyslexia Association**

Telephone: 0845 261 9002

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

### **Services**

National Charity to enable people with dyslexia to reach their full potential.

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## **BEAT**

Telephone: 0845 634 1414

[www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Services**

UK's leading charity formerly (Eating Disorders Associations) for people with eating disorders and their families.

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## **BEAT (Beating Eating Disorders)**

Telephone: 0845 634 7650

Email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk) / [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

### **Services**

Up to 25 years.

### **Details**

Beat is the leading UK charity for people with eating disorders and their families. There are publications, health & support information, network groups, live chat and message boards and signposting help for carers.

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## **Advocacy for Independence**

30 Wilmington Way, Haywards Heath RH16 3JB

Telephone: 01444 412931

### **Services**

Counselling for heavy trauma such as terminal illness, suicide, murder, crime, bereavement and adjustment to physical impairment.

### **Details**

Groups run in own homes, family group or 1.1.

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## **Gamblers Anonymous National Helpline**

Telephone: 08700 50 8880 (24 hours a day)

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

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## **Walking for Health – Natural England**

Horsham: Walk & Talk

Telephone Jill Shuker: 01403 215269

[www.wfh.naturalengland.org.uk/walkfinder](http://www.wfh.naturalengland.org.uk/walkfinder)

### **Services**

Series of graded walks. Booklet available outlining the dates, times and venues of walks.

### **Details**

You can browse for walks in your region by entering a postcode.

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## **Overeaters Anonymous**

Telephone: 01273 890445  
Mobile: 07000 784985

### **Services**

Self help group that offers support for people suffering with compulsive eating.

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## **NHS West Sussex Choices**

[www.westsussex.nhs.uk/transport](http://www.westsussex.nhs.uk/transport)  
<http://www.westsussex.nhs.uk>

### **Services**

Website allowing you to find health related services within your local area, by postcode search. Or excellent resource for Web site links you to signpost to support around wellbeing i.e mental health, physical health/ ophthalmic, smoking cessation, weight management etc A-Z of services e.g alcohol/parenting.

### **Details**

Alcohol Services, Asthma Clinics, Breast Cancer, Screening Carers Services, Community Clinics, Dentists, Diabetics Clinics, Foot services, GPs, Hospitals, Memory Problems, Mental Health Services, Midwifery Teams, Minor Injuries Units, NHS Trusts Opticians, Parenting and Childcare, SvsPharmacists Renal Services, Sexual Health Services, Sports and Fitness Services, Stop Smoking Centres, Support for Independent living, Termination of pregnancy clinics (abortion clinics),Walk-in-Centres.

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## **Red Cross – Home from Hospital**

Telephone Joanne Stocker, Princess Royal: 01444 473669  
Fax: 01444 459296

[www.redcross.org.uk](http://www.redcross.org.uk)

### **Services**

Referrals through Social services and hospital staff. Individuals can also refer.

### **Details**

Operates as part of a planned discharge procedure to assist people who have no medical need to remain in hospital to home and supports in the intermediate post discharge period and up to 4 weeks after.

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## **NHS West Sussex**

(NHS Choices)

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Details**

Excellent resource for Web site links you to signpost to support around wellbeing i.e metal health, physical health/ophthalmic, smoking cessation, weight management etcA-Z of services e.g alcohol/parenting.

.....

# Health and wellbeing

## **Youthline**

Telephone: 0845 634 7650

Text: 07 977 493 345 (standard text rates)

Email [talkback@edauk.com](mailto:talkback@edauk.com)

## **Services**

Up to & including 18 years.

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## **Less Able Bodied Yoga**

East Grinstead

Telephone: 01342 325981

## **Services**

Yoga based exercises, breathing and meditations. Caters for adults and older people with physical disabilities: belts to help move limbs and blocks to go under feet or behind backs and some helpers. Teacher will try to help people with learning and sensory disabilities. Thursday 11.00am-12.30pm, Meridian Hall, East Court, East Grinstead. Accessible with accessible toilet, disabled parking and loop system. Organised through Central Sussex College.

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## **Sussed About Drugs**

[www.sussedaboutdrugs.net](http://www.sussedaboutdrugs.net)

## **Services**

Info about drugs and being safe.

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## **Family Solution**

Horsham & Crawley Counselling Service

Telephone Barbara Green: 01403 217900

## **Services**

Parenting Intervention service.

## **Details**

Support to new parents to be. 12 week course for families.

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## **Voice for Disability (West Sussex Association for Disabled People)**

Telephone: 01903 24457

[www.WSAD.org.uk](http://www.WSAD.org.uk)

## **Services**

Services include DLA form filling advice, information service, access groups discussion forms, useful links include transport/equipment and Holidays.

## **Details**

User led disability charity in Goring West Sussex.

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## **Independent Living Association**

[www.ilawestsussex.org](http://www.ilawestsussex.org)

### **Services**

A guide for personal assistants employed by or for someone with a mental health issue.

### **Details**

Supporting me guides.

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## **Crawley Families Project**

Telephone Elizabeth O'Shea: 01403 217900

### **Services**

Intensive and tailored support to 'new parents to be' who themselves have previously experience neglect or abuse. Parents courses for families with children aged 8 to 11.

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## **Mind**

51 New England Street, Brighton BN1 4GQ

Telephone: 01273 666950 / 0845 604 2712

Email: [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

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

### **Services**

Mental Health Advocacy, issue based on crisis advocacy service. Independent, confidential, client led, non judgemental and free of charge. Help and support and representation where needed.

Examples of activity include representation at benefit medical assessments, tribunals, ward rounds, care plan reviews (CPAs), GP appointments, support at court, child protection proceedings, help with form filling, etc.

**West Sussex wide service – main bases in Crawley and Horsham, Worthing and Chichester. Also provide statutory advocacy (IMHA) for people detained under The Mental Health Act 1983.**

### **Details**

Anyone who considers themselves to have mental health difficulties can access Mind service.

We accept self referrals, referrals by a carer and professional referrals.

Contact for more information.

No form filling required.

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## **Life Centre**

Telephone: 01243 786349

**Helpline for Adults: 0844 8477879**

Helpline for Under 18s: 0808 8020808

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Supports survivors of rape and sexual abuse. Provides a confidential space/help line for support.

### **Details**

Costs are £20.00 for 1st session and means tested thereafter up to £45.00.

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## **West Sussex Integrated Community Drug & Alcohol Treatment Service (run by CRI and CNWL)**

Central Telephone: 0300 303 8677

Central Fax: 01243 867190

**Crawley:** Services will be open from 9.00am - 8.00pm Monday to Friday and 9.00am - 5.00pm Saturday. Services will continue as usual other than prescribing appointments which will be held at Kamson's.

Address: The Orchard, 1-2 Glen Eagles Court, Brighton Rd, Crawley, West Sussex RH10 6AD

Prescribing by appointment only will take place from: Kamsons Pharmacy, 12-14 Broadfield Barton, Crawley, West Sussex RH11 9BA

**Horsham:** All satellite appointments will continue as usual.

**Mid Sussex:** Groups will be held at the below addresses while the service looks to be re-housed locally.

Telephone: 01444 258102 (Call for appointment times as these can vary).

Address: Mid Sussex C.V.S, 38 Church Road, (entrance at rear behind Lloyds Bank), Burgess Hill, West Sussex RH15 8DX  
Address: Cyprus Hall, Cyprus Road, Burgess Hill, West Sussex, RH15 8DX

**East Grinstead:** Satellite appointments will continue as before at East Grinstead Medical Centre (all day Wednesday and Thursday afternoons).

**Haywards Heath:** Satellite appointments will continue as before at Haywards Heath Health Centre (Friday afternoon). Please speak to your keyworker regarding individual prescribing appointments.

### **Services**

All drug and alcohol services in West Sussex have been brought together into one, integrated recovery service. The new service is intended to become more responsive to you individual patient needs with the treatments that you are currently receiving as part of your agreed treatment plan continuing. The changes will experience will include:

- Integrated Services: An accessible, local, high quality, integrated service that promotes recovery, health, wellbeing and empowerment.
- Greater choice and control over your recovery and wider access to positive opportunities.
- Increased Access to Services: Giving you access to services when you need it most.
- A Range of Recovery Services and Specialist Clinical Services: Including prescribing, alcohol specific interventions, needle exchange, drop-ins, blood borne virus vaccination and testing, health and wellbeing clinics and community detoxification and support.

### **Details**

This service has replaced Addiction Drug and Alcohol Services for West Sussex.

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## **Sussex Mental Health line (Sussex Partnership NHS Foundation Trust)**

Telephone: 0300 5000 101

Team Leader Lesley Woolf: 01903 843248

### **Services**

24 hour telephone support line for West Sussex. Out of hours support for Brighton and Hove and East Sussex (5pm to 0900 and 24 hours at weekends).

### **Details**

Support for all those, and their carers, who have mental health issues. Advice and information also give. Costs as per local rate.

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# Health and wellbeing

## **Sussex Community NHS Trust**

[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

### **Services**

Living Well – A free self management course for people who are living with any long term health condition.

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## **Sussex Partnership NHS Foundation Trust**

Telephone: 01903 843000

Email: [info@sussexpartnership.nhs.uk](mailto:info@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Search for a range of what is provided by the Trust in the service directory: Care Groups, Localities, Services and teams (A-Z). Sites (A-Z).

### **Details**

- Useful overview of services provided including:
  - Primary Care/Wellbeing services.
  - Community Services.
  - Hospital Services, Specialist services (including secure and forensic).
- .....

## **Linwood CMHT**

Sussex Partnership NHS Foundation Trust, Butlers Green Road, Haywards Heath, West Sussex RH16 4BE

Telephone Heidi Hook, Team Leader: 01444 416606

### **Services**

The service provides through and complex mental health assessments, advice and signposting, care planning, individual and group therapeutic interventions.

### **Details**

Over 18, registered with GP in the geographical area.

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## **Dragonflies Project**

FSN St Nicholas Centre, 66 London Road, St Leonards on Sea

Telephone Annette Hardy or Debbie Bennett: 01424 713189

### **Services**

Bereavement service supporting children and young people aged 5 - 16 years.

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## **AAAC Counselling**

Telephone: 01424 728530

Fax: 01424 882799

### **Services**

A counselling service for adults who suffered abuse ( physically, sexually and emotionally) as children. It is also for adults who are undergoing crisis resulting from trauma, bereavement or domestic violence. The majority of counselling is for individuals and time is limited (8-10 sessions). Written referrals are required from the client's GP or health practitioner.

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## **Roebuck 3**

3 Roebuck Street, Hastings TN34 3BB

Telephone: 01424 722516

[www.autismsussex.org.uk](http://www.autismsussex.org.uk)

### **Services**

Resource and Advice Centre for empowering, engaging and supporting adults with High Functioning Autism and Aspergers Syndrome. Family Support Services. Children's services.

### **Details**

The organisation offer 6 week courses such as:

- Exercise: Tai Chi.
  - Creative: Writers group, Pottery and Ceramics, Theatre, Music Rock and Pop, Photography.
  - Training: Employment Course.
  - Social: Social evenings, Aspergers group, Development group, Training days.
- .....

## **Relate**

Telephone Hastings: 01424 718026

Telephone St Leonards: 01424 720637

### **Services**

Offers advice, relationship counselling, sex therapy.

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## **Bipolar Support Group (Hastings)**

Friends Meeting House, 5 South Terrace TN34 1SA

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### **Services**

A self help group for anyone who has had their lives affected by bi-polar (people with bi-polar and carers).

Meeting Date: Every Wednesday. Meeting Time: 6.30pm - 8.00pm. Venue: Friends Meeting House, 5 South Terrace, TN34 1SA.

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## **Survivors of Suicide (SOS)**

6 Trinity Street, Hastings TN34 1HG

Telephone: 01424 714406

[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

### **Services**

Short term community support following suicide attempt.

### **Details**

For people identified at A&E following a suicide attempt or in the community via assessment by the Crisis Resolution and Home Treatment Service.

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## **Action For Change**

1st Floor, Hanover House, Marina, St Leonard's on Sea

Telephone: 01424 460066

[www.action-for-change.org](http://www.action-for-change.org)

### **Services**

Working to reduce the harm caused by alcohol misuse. Advice and information. Assessment for community rehabilitation, Clinical assessment, Community detox support, one to one counselling. Individual sessions with a worker to find the best way forward. Support and advice for someone who is affected by someone else's drug or alcohol misuse.

### **Details**

Walk in access: Wednesday afternoon 5:00pm - 7:00pm Monday morning 10:30 - 12:30 (Alternate Saturday mornings please ring for details).

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## **Under 19s Substance Misuse Service**

Telephone: 01323 841470

### **Services**

A holistic, needs led service to young people and their families/carers who are affected by substance misuse.

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## **Independent Mental Health Advocacy (IMHA)**

The Advocacy Centre, 42 Robertson Street, Hastings TN34 1HL

Telephone: 01424 441597

### **Services**

Is a completely free and confidential service.

To assist a person in obtaining information about and understanding their rights, and any conditions or restrictions on them, under the Mental Health Act.

To help a person get any information about and understand any medical treatment being given, proposed or discussed.

# Health and wellbeing

## Details (IMHA)

Who has a right to an IMHA?

- Patients under Section in hospital and on Community Treatment Orders.
  - Also informal patients who are likely to be detained.
  - Patients can self-refer.
  - Mental health professionals or relatives can also make a referral but patients can decline support from an advocate if they choose.
- .....

## Sexual Health Service

**Bexhill:** Bexhill Health Centre, Bexhill Hospital, Hollier's Hill, Bexhill-on-Sea TN40 2DZ

**Hastings:** Station Plaza Health Centre, Station Plaza, Hastings TN34 1BA. Telephone: 01424 464750.

**St Leonards:** Arthur Blackman, Battle Road, St Leonards-on-Sea, TN37 7AN

Telephone Gill Hamer, Clinical Team Lead, Sexual Health for East Sussex Healthcare NHS Trust: 01323 416100

Email: [gillian.hamer@esht.nhs.uk](mailto:gillian.hamer@esht.nhs.uk)

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

### Services

The main services are based in Hastings but other services are offered in Bexhill and St Leonards. The main Sexual Health Service operates from 8.30am Monday to Friday. They offer a full range of sexual health services including screening for STI's and HIV, treating infections and providing information on contraception methods For Chlamydia Screening call 0800 0612668

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## WEL Mind (Wealden, Eastbourne and Lewes Mind)

Suite 1, Highlight House, 8 St Leonards Road, Eastbourne BN21 3UH

Telephone: 01323 648836

[www.welmind.org.uk](http://www.welmind.org.uk)

[www.facebook.com/pages/WEL-Mind-Wealden-Eastbourne-and-Lewes-Mind](https://www.facebook.com/pages/WEL-Mind-Wealden-Eastbourne-and-Lewes-Mind)

### Services

Support for those with mental health concerns.

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## Eastbourne Survivors

Brightview, 6 Saffrons Road, Eastbourne, BN21 1DG

Telephone: 01323 747223

Email: [info@eastbournesurvivors.org](mailto:info@eastbournesurvivors.org)

[www.eastbournesurvivors.org](http://www.eastbournesurvivors.org)

### Services

A self help group for adults who were sexually abused as children. It is open to men, women and their partners suffering the consequences of sexual abuse. It offers support and understanding from other survivors First and Third Tuesday of every month 7.30 - 10.00pm. You do not need to make an appointment. The group is completely confidential and no records of who attends are kept. The group is held in a ground floor meeting room with full disabled access to facilities.

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# Health and wellbeing

## **Shinewater Shaftsbury Centre**

Shinewater Shaftsbury Centre, Milfoil Drive, Shinewater, Eastbourne BN23 8BR

Telephone: 01323 760654

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

### **Services**

A help, advice and counselling centre. The Centre offers:

- Benefits and Pensions advice.
- Benefits Claim Forms - assistance in filling them in.
- Money Advice.
- Counselling - with 5 trained counsellors.
- Consumer and Community advice.
- Employment and Legal advice.
- Family and Housing advice.
- Foodbank.
- General Help.
- Lunch Club and "Lite Bite".

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## **Samaritans**

National Helpline: 08457 909090

National Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Eastbourne Branch:** 01323 735555. The Haven, 13 Bolton Road, Eastbourne, East Sussex BN21 3JT

**Tunbridge Wells Branch:** 01892 532323. Address: 7 Lime Hill Road, Tunbridge Wells, Kent TN1 1LJ

[www.samaritans.org](http://www.samaritans.org)

A charity offering a 24 hour help line for people who feel suicidal or desperate.

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## **Al Anon**

55 Old Orchard Road, Eastbourne

**Confidential Helpline: 02074 030888 (10.00am to 10.00pm, 365 days a year)**

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### **Services**

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

### **Details**

Meet every Tues 8pm to 9.30pm at 55 Old Orchard Road (E.A.V.S room).

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## **Bipolar Support Group (Lewes)**

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### **Services**

A self help group for anyone who has had their lives affected by bi-polar (people with bi-polar and carers).

### **Bipolar Support Group (Wealden District):**

Meeting Date: 3rd Tuesday of each month – First meeting on 21 January 2014. Meeting Time: 7.00pm - 9.00pm. Venue: Lewes Your Way, 47a Western Road, Lewes, East Sussex BN7 1RL.

### **Bipolar Support Group (Tunbridge Wells and District):**

Meeting Date: 2nd Monday in the month. Meeting Time: 5.00pm - 6.30pm. Venue: The Hub, 2A Grosvenor Park, Tunbridge Wells, Kent TN1 2BD.

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## **Alcoholics Anonymous**

District General Hospital, Dept. of Psychiatry, Kings Drive, Eastbourne

**National Helpline: 0845 7697 555 (24 hour)**

East Sussex Telephone: 01622 751842

[www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting](http://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting)

### **Services**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

### **Details**

Two meetings of Alcoholics Anonymous are held each week at the District General Hospital, Dept of Psychiatry. Monday and Friday at 8.00pm.

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## **Misgana Berhane**

Flat 3, 3 Eversfield Road, Eastbourne BN21 2SD

Telephone: 0781 4422022

Email: [misganberhane@yahoo.com](mailto:misganberhane@yahoo.com)

### **Services**

The service provide:

- Counselling.
  - Indian Head Massage.
  - Massage/Shitsu.
- .....

## **Newhaven Community Development Association (NCDA)**

Telephone Ronnie Fuller, Wellbeing Activities & Training Coordinator: 01273 311707

Email: [Ronnie@ncda.org.uk](mailto:Ronnie@ncda.org.uk)

Telephone Sue Starnes, Counselling Coordinator & Therapeutic Activities: 01273 311708

Email: [sue.starnes@ncda.org.uk](mailto:sue.starnes@ncda.org.uk)

Telephone Andrea Gavin, Service Development & Partnerships: 01273 311705

Email: [andrea.gavin@ncda.org.uk](mailto:andrea.gavin@ncda.org.uk)

[www.ncda.org.uk](http://www.ncda.org.uk)



# Health and wellbeing

## Services (NCDA)

NCDA help communities of people and individuals to help themselves in the fields of Community Development, Employability Inclusion and Wellbeing.

COMMUNITY DEVELOPMENT: Nursery, Young People (such as Youth Clubs,) Denton Island Community Centre, Healthy Lifestyles, Open Spaces, Family Learning and Community Action.

EMPLOYABILITY AND INCLUSION: Newhaven Community Employment Partnership - training (such as First Aid and Door Security) and assistance to find paid and voluntary work, Havens Information Hub and Sompriti (such as Bilingual Advocacy).

WELLBEING: Wellbeing Centres, Recovery Support, Counselling Services, Community Support and Education.

## Details

NCDA have taken over the running of the Safe from Harm Service from Southdown. This is a service for those at significant risk of harm from anti-social behaviour, hate crime or targeted harassment. Further information is on the NCDA website under the Employability and Inclusion section.

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## Sexual Health Service

**Crowborough:** Telephone: 01892 603105. Crowborough Hospital OPD, Southview Close, Southview Road, Crowborough TN6 1HB

**Eastbourne:** Tel: 01323 416100 (option 1.) Address: Avenue House, The Avenue, Eastbourne, East Sussex BN21 3XY

**Hailsham:** Telephone: 01323 446984. Hailsham Health Centre, Vicarage Field, Hailsham BN27 1BE

**Seaford:** Seaford Dental Suite (opposite Morrisons) Seaford Health Centre, Dane Road, Seaford BN25 1DH

**Uckfield:** Telephone: 01825 769999. Uckfield Community Hospital, Framfield Road, Uckfield, East Sussex TN22 5AW

Contact: Gillian Hamer, Clinical Team Lead, Sexual Health for East Sussex Healthcare NHS Trust: 01323 416100

Email: [gillian.hamer@esht.nhs.uk](mailto:gillian.hamer@esht.nhs.uk)

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

## Services

The main services are based in Eastbourne but other services are offered in Crowborough, Uckfield Hailsham and Seaford. The main Sexual Health Service operates from 8.30am Monday to Friday. They offer a full range of sexual health services including screening for STI's and HIV, treating infections and providing information on contraception methods. For Chlamydia Screening call 0800 0612668 The service in Avenue Road Eastbourne has been awarded the Department of Health's "You're Welcome" award. This award, a quality mark given to health services that are young people friendly, shows that the services provided are user friendly and age appropriate.

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## MIND Head Forward Website

[www.head-forward-west-sussex.info/wellbeing-toolbox](http://www.head-forward-west-sussex.info/wellbeing-toolbox)

## Services

Website offering advice, information and resources for people with mental health problems and their carers. Wellbeing Tool box containing numerous ideas of things that can help online and in the local area. Carers' information. FAQs, conditions and therapy.

# Health and wellbeing

## **Details (MIND Head Forward Website)**

Includes a 'Wellbeing Toolbox', 'Carer Resources' and a useful 'Jargon buster' page. Excellent resources and signposting information on the web link. Life issues and support.

.....

## **Housebound Reader Service (Library)**

Telephone Jackie Manners: 01903 704818

### **Services**

Library Service for individuals who are unable to reach or use their nearest library due to age, illness or disability. Includes - Free Requests, Free loan of Story Cassettes or CD's & Free loan of Music CD's.

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## **Young Persons Information Centre**

Colonade House, 47 Warwick St, Worthing BN11 3DH

Telephone: 01903 210315

Also: 20 High St, Shoreham. Telephone: 01273 452462

### **Services**

Range of services provided with information and signposting to local support agencies.

### **Details**

Open Mon - Friday 1.00pm - 5.00pm.

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## **NHS West Sussex**

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Services**

Excellent resource for Web site link you to signpost to support around wellbeing i.e. mental health, physical health/ophthalmic, smoking cessation, weight management etc., A-Z of services e.g. alcohol/parenting.

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## **Sexual Health Line**

Telephone: 0800 282930

### **Services**

Confidential help for under 18s.

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## **West Sussex Libraries**

[www.westsussex.gov.uk/leisure](http://www.westsussex.gov.uk/leisure)

### **Services**

Website with links to Online services, information and community resources / information.

### **Details**

For links to 'Book on Prescription' type 'Books on Prescription into the Search box.

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# Health and wellbeing

## **Arun Counselling Centre**

The Flat, St Martins Lane, Littlehampton BN17 6BU

Telephone: 01903 714417

### **Services**

Confidential counselling to those with any day to day problems with living but not crisis or advice giving.

### **Details**

Clients need to make a contribution to meet the cost of counselling and running the centre.

.....

## **BBC Health**

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

### **Services**

An online resource covering all aspects of physical, emotional and mental health, including addictions. Contains further web links to support networks.

### **Details**

Use the tabs to navigate through the pages.

.....

## **Why Weight?**

Telephone: 0300 123 0892

[www.westsussex.nhs.uk/services-why-weight](http://www.westsussex.nhs.uk/services-why-weight)

### **Services**

Offers a 4 tier approach to obesity management for adults.

- Tier 1 - Primary Care and Community Advice for a first attempt to loose wieght.
- Tier 2 - Primary Care with Community Interventions.
- Tier 3 - Referral to Specialist Community Weight Management services for severe and complex obesity.
- Tier 4 - Referral to Specialised Weight Management Services, including bariatric surgery.

### **Details**

Weekdays 9.00am - 5.00pm.

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## **The Life Centre**

Telephone: 01243 786349

Out-of-hours Help Line: 0844 8477879

Adult Line: 0844 847 7879

Child Line 0808 80 20 802

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Offers a help line, face to face counselling and an education program for clients who have experienced any form of sexual violation.

### **Details**

They accept referrals from GPs or direct self referral.

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# Health and wellbeing

## **Independent Living Association**

Telephone Terry Stanley: 01903 219482  
Email: terry.stanley@ilawestsussex.org.uk

### **Services**

Help people find the right personal assistant in mental health for them and access agencies too.

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## **Worthing Churches Homeless Projects**

Telephone Tina Lashbrook, Mental Health Worker: 01903 832928  
[www.wchp.org.uk](http://www.wchp.org.uk)

### **Services**

- Hearing Voices Groups.
- Other mental health and substance misuse work.
- Outreach, support, recovery and stepping stones.

### **Details**

- Opening times are Mon - Fri 9.00am - 12noon.
  - Saturday and Sunday 9.00am - 11.00am.
- .....

## **Help For Veterans**

Telephone Nick Zaver: 07834992504  
Email: zulu1953@hotmail.co.uk

### **Services**

A new charity to provide peer support to ex-service personnel with mental health problems.

.....

## **Stressline**

Telephone: 0300 123 2000

### **Services**

Practical advice and where to get help to address your worries about money, debt or employment.

### **Details**

8 am -10 pm 7 days a week.

.....

## **Hearing Voices Network**

91 Oldham Street, Manchester M4 1LW  
Telephone: 0161 834 5768

### **Services**

HVN is a network of voice hearers, allies, mental health professionals and other interest parties. We have a network of over 80 self-help groups throughout the UK.

### **Details**

Offer information about voice hearing, disseminate research and help in setting up groups.

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## **Green Cuisine**

37 Rowlands Road, Worthing BN11 3JJ

01903 211338

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

### **Services**

Child friendly fish and vegetarian restaurant.

### **Details**

Join Facebook page 'Green Cuisine Restaurant' to receive regular updates.

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## **Community Equipment Service**

Telephone: 0845 1272934

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Daily Living Equipment.

### **Details**

Via their health professional - community nurse, physiotherapist or health occupational therapist - can provide simple items of equipment these include bath aids, trolleys, commodes.

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## **Acorn Pregnancy Counselling Centre**

Acorn House, 8 Stanford Square, Warwaick Street, Worthing BN11 3EZ

Telephone: 01903 8238943

[www.acornpcc.org.uk](http://www.acornpcc.org.uk)

### **Services**

Pregnancy counselling centre includes:

- Confidential pregnancy tests.
- Pregnancy related counselling service.
- Pregnancy loss counselling service.

### **Details**

This is a charity and all services are free of charge.

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## **Voice Hearers Drop In**

St Clare's Day Centre, 6 - 8 Marine Place, Worthing

Telephone: 07805 887849

### **Services**

Do you know someone who hears voices or experiences visual hallucinations? Family carers, friends and voices hearers welcome for information, support and self help techniques.

### **Details**

- 1st and 3rd Thursday every month – 2.30pm - 3.45pm
  - Refreshments provided.
  - Drop in or call for any queries.
-

## **Aspire Sussex**

Telephone Gemma Dorer, Occupational Therapist: 01903 843888

[www.aspiresussex.org.uk](http://www.aspiresussex.org.uk)

### **Services**

Courses in Worthing for people with memory problem.

### **Details**

- Time: Tuesdays 1.45 - 3.15pm.
  - Course Code: Y0931BM.
  - Venue: The Rowans, Steeple View, Pelham Road, Worthing BN13 1RP.
  - Cost: £75 for 10 weeks course.
  - Significant reduction if on means tested benefit.
- .....

## **MIND Head Forward Website**

[www.head-forward-west-sussex.info](http://www.head-forward-west-sussex.info)

[www.head-forward-west-sussex.info/wellbeing-toolbox/](http://www.head-forward-west-sussex.info/wellbeing-toolbox/)

### **Services**

Website offering advice, information and resources for people with mental health problems and their carers.

### **Details**

Includes a 'Wellbeing Toolbox', 'Carer Resources' and a useful 'Jargon buster' page.

.....

## **Community Equipment Service**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Daily Living equipment.

### **Details**

Via their health professional, Community Nurse, Physiotherapist or Occupational Therapist.

This service can provide many simple items of equipment, these include: bath aids, trolley, commodes.

They may also prescribe nursing and medical equipment, such as: nursing beds, equipment to prevent pressure sores, walking frames, crutches.

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## **NHS West Sussex**

[www.westsussex.nhs.uk](http://www.westsussex.nhs.uk)

### **Services**

Excellent resource for Web site link you to signpost to support around wellbeing i.e. mental health, physical health/ophthalmic, smoking cessation, weight management etc., A-Z of services e.g. alcohol/parenting.

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## **Welcome In Clinics**

11 Crescent Road, Worthing

Telephone: 01903 532535

### **Services**

Afternoon drop in clinics for homeless people without a local GP.

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## **The Mindful Project**

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

### **Services**

Project for people suffering with mental health issues.

### **Details**

Run by United Response. Referrals from GPs and Arun Trainer Scheme only.

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## **Sussex Mental Healthline (Sussex Partnership NHS Foundation Trust)**

Telephone: 0300 5000101

### **Services**

Telephone help line for people experiencing mental health difficulties.

### **Details**

24 hours a day, 365 days a year.

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## **Offington Counselling Service**

Offington Park Methodist Church, South Farm Road, Worthing

Telephone: 01903 212275

### **Services**

Counselling Service.

### **Details**

Charity donation required 6 sessions offered.

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## **Options**

24 Grafton Rd, Worthing

Telephone: 01903 843550

### **Services**

Alcohol & Drug abuse.

### **Details**

Counselling and advice services.

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# Health and wellbeing

## **British Association for Counselling and Psychotherapy (BACP)**

Telephone: 01788 578328

Arun: 01903 714417

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

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

### **Services**

Call to obtain register of counsellors in your area.

### **Details**

For further information and details of how to access therapy follow the links on their website.

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## **British Dyslexia Association**

Telephone: 0845 261 9002

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

### **Services**

National charity enabling people with dyslexia to engage their full potential.

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## **Sussed About Drugs**

[www.sussedaboutdrugs.net](http://www.sussedaboutdrugs.net)

### **Services**

Info about drugs and being safe.

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## **Over Eaters Anonymous**

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

### **Services**

Offering self help. Program of recovery from compulsive eating using Twelve Steps.

New service for people with obesity, WHY WEIGHT Offers exercise, dietitian and 1:1 counselling or group sessions, including tests for blood pressure, cholesterol, etc., from GP prior to starting.

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## **Youthline**

Telephone: 0845 634 7650

Text: 07 977 493 345 (standard text rates)

Email: [talkback@edauk.com](mailto:talkback@edauk.com)

### **Services**

Offering counselling and support for young people up to & including 18 years.

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## **NHS West Sussex**

[www.westsussex.nhs.uk/service-NHS-health-check](http://www.westsussex.nhs.uk/service-NHS-health-check)

### **Services**

Free 20-30 minute Health check to assess risk of developing heart disease stroke, diabetes and kidney disease.



# Health and wellbeing

## **Details (NHS West Sussex)**

This check is part of a national programme for adults in England between ages of 40 to 74 and do not already have these diagnosis.

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## **Age UK West Sussex**

Telephone: 0800 019 1310  
Littlehampton: 01903 731800  
Worthing and Adur: 01903 600300  
Email: [admin@ageukwestsussex.org.uk](mailto:admin@ageukwestsussex.org.uk)  
[www.ageukwestsussex.org.uk](http://www.ageukwestsussex.org.uk)

### **Services**

Provides a range of information and services across West Sussex, including community support and activity centres, health support, money advice and free will writing service.

### **Details**

Website is a good link to identify services in local area.

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## **OT Connect Adults' Social Care**

First Floor, Centenary House, Durrington Lane, Worthing BN13 2QB  
Telephone: 01903 839100  
Fax: 01903 839854  
E-mail : [ot.connect@westsussex.gov.uk](mailto:ot.connect@westsussex.gov.uk)

### **Services**

For aids to living and adaptations to the home for adults who experience any physical difficulties.

### **Details**

They can help people with physical disabilities, or a sensory impairment, such as partial sightedness or hearing problems. The equipment can assist with activities such as: eating and drinking, dressing, going to the toilet, bathing, getting about at home. Equipment is provided free of charge throughout Community Equipment Service on a loan basis. The service is available for anyone who lives permanently in West Sussex, or who is registered with a West Sussex GP surgery.

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## **Voice for Disability (West Sussex Association for Disabled People)**

Telephone: 01903 244457  
[www.wsad.org.uk](http://www.wsad.org.uk)

### **Services**

DLA form filling advice, Information secure, access a groups, discussion forms, useful links include Transport/Equipment/Holidays.

### **Details**

User led disability charity in Goring West Sussex.

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## **West Sussex Integrated Community Drug & Alcohol Treatment Service (run by CRI and CNWL)**

Telephone: 0300 303 8677

Fax: 01243 867190

### **Services**

All drug and alcohol services in West Sussex have been brought together into one, integrated recovery service. The new service is intended to become more responsive to you individual patient needs with the treatments that you are currently receiving as part of your agreed treatment plan continuing. The changes will experience will include:

- Integrated Services: An accessible, local, high quality, integrated service that promotes recovery, health, wellbeing and empowerment.
- Greater choice and control over your recovery and wider access to positive opportunities.
- Increased Access to Services: Giving you access to services when you need it most.
- A Range of Recovery Services and Specialist Clinical Services: Including prescribing, alcohol specific interventions, needle exchange, drop-ins, blood borne virus vaccination and testing, health and wellbeing clinics and community detoxification and support.

### **Details**

This service has replaced Addiction Dug and Alcohol Services for West Sussex.

**Worthing:** Services will be open from 9.00 - 8.00 Monday to Friday and 9.00 - 5.00 Saturday. Drop in groups will be run every afternoon between 2.00pm and 4.00pm. Address: Emel House, Rear 1st Floor, 30 - 32 Teville Road, Worthing, West Sussex, BN11 1UG.

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## **Independent Living Association (ILA)**

Telephone: 01903 219482

Email: [info@ilawestsussex.org](mailto:info@ilawestsussex.org)

[www.ilawestsussex.org](http://www.ilawestsussex.org)

### **Services**

A guide for Personal Assistants employed by or for someone with a mental health issue.

### **Details**

Supporting me guides.

.....

## **Anything But**

Telephone: 01323 649927

### **Services**

Provides information and support to young people under the age of 26 who are lesbian, gay or bisexual, transgender or who are unsure of their sexuality (LGBT & U) and a safe space for LGBT & U young people to meet together.

### **Details**

It offers workshops on topics like sexual health. Also arranges social activities. Young people play an active part in planning. One 2 One time with workers is available.

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# Health and wellbeing

## **Healthy Living Programme**

Methold House, North street, Worthing BN11 1DU

Telephone: 01903 528635

[www.guildcare.org](http://www.guildcare.org)

### **Services**

Innovative programme encourages wellbeing fitness and quality of lifethrough exercise, therapies, crafts games support and information.

### **Details**

Exercise session £2.36 per person, one session per person per month £10.23.

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## **Healthy Living Centre (Guild Care)**

Methold House, North Street, Worthing BN11 1DU

Telephone: 01903 528600

### **Services**

Open to over 55's or carers of any age. Range of activities including arts, crafts, exercises and social events. Bathing and therapy services available on request.

### **Details**

Pay for activities as you go, all under £5.00 2 course meal £3.80.

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## **Lovett Centre (Guild Care)**

Maybridge Square, Goring, Worthing BN11 6HB

[www.guildcare.org](http://www.guildcare.org)

### **Services**

Open to over 55s and carers of any age. Range of activities including arts, crafts, exercises, social events and outings.

### **Details**

- Pay as you go all under £5.00, 2 course meal £3.80.
  - Bathing and therapy services available additional cost.
  - Transport can be provided for Worthing, Ferring, Findon Valley and Lancing Open 3 days a week.
- .....

## **Worthing Foodbank**

Jubilee Community Church, The Gateway Centre, Unit 5, Dominion Way, East Worthing Industrial Estate

Telephone Julie Denyer, Foodbank Manager: 01903 821921

### **Services**

Food Vouchers.

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## **Life Centre**

Telephone: 01243 786349  
Helpline for adults: 0844 8477879  
Helpline for under 18s: 0808 8020808  
Text 07717 989022

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Supports survivors of rape and sexual abuse. Provides a confidential space/help line for support.

### **Details**

Costs are £20.00 for 1st session and means tested thereafter up to £45.00.

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## **Arun East Community Mental Health Team and Day Hospital**

Pepperville House, Fort Road

Telephone: 01903 735960

### **Services**

Secondary mental health service accessed via GP/ Primary care team.

### **Details**

Service provided by referral only.

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## **The Life Centre**

01243 786349  
Out-of-hours help line: 0844 8477879  
Adult line 0844 847 7879  
Child line 0808 80 20 802

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Offers a helpline, face to face counselling and an education program for clients who have experienced any form of sexual violation.

### **Details**

They accept referrals from GPs or direct self referral.

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## **Sussex Mental Health line (Sussex Partnership NHS Foundation Trust)**

Telephone: 0300 5000 101  
Lesley Woolf, Team Leader: 01903 843248

### **Services**

24 hour telephone support line for West Sussex. Out of hours support for Brighton and Hove and East Sussex (5pm to 0900 and 24 hours at weekends).

### **Details**

Support for all those, and their carers, who have mental health issues. Advice and information also given. Costs as per local call.

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## **Sussex Community NHS Trust**

Telephone: 01403 227000 extension: 7547

[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

### **Services**

Livingwell – a free self management course for people who living with any long term health condition.

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## **Sussex Partnership NHS Foundation Trust**

Telephone: 01903 843000

Email: [info@sussexpartnership.nhs.uk](mailto:info@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Provides specialist mental health, substance misuse and learning disability services. Search for a range of what is provided by the Trust in the service directory: - Care Groups, Localities, Services and teams (A - Z). Sites (A-Z).

### **Details**

Useful overview of services provided including:

- Primary Care/Wellbeing services.
  - Community Services, Hospital Services, Specialist Services (including secure and forensic).
- .....

## **Shepherd House Hearing Voices and Unusual Experiences Group**

Sheperd House Recovery Unit, 129 Brighton Road, Worthing, West Sussex BN11 2ET

Telephone Lisa Griffiths or Hannah Taylor: 01903 843390

### **Services**

The group is held at Shepherd House every Tuesday at 15.30 for one hour, and is open to anyone who hears voices or has unusual experiences, that others do not.

### **Details**

The group is for anyone who hears voices or has unusual experiences, which they would like to explore in a non medical model way. The ethos behind the group is that people hear voices for a reason, and that with some exploration around this, the voices may lessen. Attendees will be offered advice around ways of working with their voices, which hopefully will lessen any distress caused to the voice hearer.

The group is confidential, and is run in conjunction with a fellow voice hearer, who works as a peer support worker.

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# Work related skills

# Work related skills

## **The Careers Centre**

University of Brighton

Telephone: 01273 642461

Email: [careers@brighton.ac.uk](mailto:careers@brighton.ac.uk)

### **Services**

Provides careers guidance and information. Also collects and distributes vacancy information – mainly part time for current students and full time jobs for students seeking their first position after leaving university.

### **Details**

Eligibility: Current students and graduates who left higher education not more than one year ago.

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## **Everyday Recruitment Ltd**

Tower Point, 44 North Road, East Sussex BN1 1YR

Telephone: 01273 666358

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

### **Services**

Specialises in sourcing temporary workers as well as permanent staff for any industry.

### **Details**

Free careers advice - National Careers Service, available free to every adult in England.

.....

## **Futures Training**

118 Queens Road, Brighton BN1 3XG

Telephone: 01273 605090

Fax: 0871 900 7886

Email: [brighton@futures-training.co.uk](mailto:brighton@futures-training.co.uk)

[www.futures-training.co.uk](http://www.futures-training.co.uk)

### **Services**

Futures Training is committed to supporting individuals into suitable, sustainable work and learning.

Offer customers a range of services funded by the Learning and Skills Council and Department of Work & Pensions that include employability programmes, basic skills and vocational training. Lower Ground Floor.

### **Details**

Futures Training is part of Woodspeen Training Plc.

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## **National Probation Service**

Telephone Eve Muir, Employment, Education and Training Manager: 01903 216321

Email: [Eve.muir@sussex.probation.gsi.gov.uk](mailto:Eve.muir@sussex.probation.gsi.gov.uk)

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

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# Work related skills

## **Jobseekers Direct**

Jobcentreplus

Telephone: 0845 606 0234

Textphone: 0845 605 5255

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

### **Services**

Telephone service to help people to find locally based vacancies.

### **Details**

Mon - Fri 8.00am to 6.00pm.

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## **Skills Training UK Ltd**

4th Floor, Wembley Point, 1 Harrow Road, Wembley HA9 6DE

Telephone: 0208 903 4713

[www.skillstraininguk.com](http://www.skillstraininguk.com)

### **Services**

Leading provider of Apprenticeships for the National Apprenticeships Service and Skills Funding Agency. Positive Directions for young people aged 16-24 in the NEET group (Not in Education, Employment or Training).

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## **Volunteer Centre for Brighton & Hove**

Intergen House, 65 - 67 Western Road, Hove BN3 2JQ

Telephone: 01273 737888

[www.bh-impetus.org/volunteer\\_centre](http://www.bh-impetus.org/volunteer_centre)

### **Services**

Volunteering opportunities.

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## **Whitehawk Inn Training Centre**

Whitehawk Road, Brighton East Sussex BN2 5NS

Telephone: 01273 682 222

### **Services**

- Job search.
- Career coaching.
- Info on "back to work" schemes.

### **Details**

The Career Direction Drop Inn provides software that will help identify skills and preferences and match with careers. Advisors help people research the routes to their top job.

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# Work related skills

## **Women's Aid**

Telephone: 0808 2000 247

### **Services**

- 24 hour help line.
  - Support with domestic violence.
  - BME Support and advice.
  - Eastern European advice centre.
- .....

## **Supported Employment Team (SET)**

Brighton & Hove City Council, 86 Denmark Villas, Hove BN3 3TY

Telephone: 01273 295961

Email: [set@brighton-hove.gov.uk](mailto:set@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

The organisation provide coaching and advice to people who have disabilities and long-term health conditions, to help them find and maintain work.

### **Details**

People who are receiving social care services funded by Brighton & Hove council can be referred directly to the Supported Employment Team by completing and sending in a referral form or having someone complete and send the referral form for them. The referral form can be found on the organisations website.

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## **Business Action on Homelessness**

Telephone Bunty Dann, Ready for Work, Brighton Regional Team: 07901 711871

[www.bitc.org.uk](http://www.bitc.org.uk)

### **Services**

Employment support and work inclusion programmes for homeless people.

BITC runs national programmes that directly engage businesses to support the employment of disadvantaged groups.

### **Details**

Ready for Work engages business to support disadvantaged groups, particularly people who have experienced homelessness, into employment.

Get Ready! Engages business to provide early opportunities for people who have experienced homelessness to build skills and confidence for employment.

Routes into Sustainable Employment (RISE) supports Care Leavers to access routes into sustainable employment. It raises aspirations, inspiring them to achieve their goals, and supports them to gain sustainable employment.

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# Work related skills

## **The Business Community Partnership – Mentoring Programme**

Telephone: 01273 810 276

Email: [info@bhbcpc.org.uk](mailto:info@bhbcpc.org.uk)

[www.bhbcpc.org.uk](http://www.bhbcpc.org.uk)

### **Services**

Mentoring for people facing barriers to employment e.g:

- The long term unemployed.
- Young people entering work.
- Ex-offenders.
- Homeless people.

### **Details**

Can also support transition to retirement by mentoring.

.....

## **Routeway Service**

Care Cooperatives Ltd, 9 Russell Place, Brighton BN1 2RG

Telephone: 01273 468200

[www.careco-ops.org.uk](http://www.careco-ops.org.uk)

### **Services**

The Routeway Service works with local people and groups to empower them to achieve their work and learning goals, including social enterprise development. The service offers assistance to people experiencing labour market disadvantage and has a particular specialism in working with people who have mental health support needs and learning disabilities.

### **Details**

The Routeway Team support local people directly as well as referring to other work, learning, training and volunteering services and opportunities. Routeway also works with local people and groups interested in setting up a social enterprise, particularly supporting the development of service user-led social enterprises and the creation of new opportunities for local marginalised people.

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## **Enham**

Enham Place, Enham Alamein, Andover, Hampshire SP11 6JS

Telephone: 01264 345800

[www.enham.org.uk](http://www.enham.org.uk)

### **Services**

For people with physical and sensory impairments, learning disabilities, complex needs and disabled or disadvantaged young adults not in education, employment or training.

### **Details**

From building skills and job searching to coaching and arranging work placements, we provide a range of support to enable disabled and disadvantaged adults and young adults to get into work or start their own businesses.

We also manage a number of social enterprises providing a range of services and employment opportunities.

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# Work related skills

## Scope

Telephone: 01273 622434

Email: [workchoice-cpa25@scope.org.uk](mailto:workchoice-cpa25@scope.org.uk)

[www.scope.org.uk/services/employment-service](http://www.scope.org.uk/services/employment-service)

## Services

Employment services supporting disabled people in gaining and sustaining meaningful employment in large corporations, public sector bodies and local employers.

Our service is available to all disabled people, not just those with cerebral palsy.

## Details

If you're a disabled jobseeker, employer or Disability Employment Advisor interested in knowing more, email [employment.support@scope.org.uk](mailto:employment.support@scope.org.uk) or call 01480 309 615.

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## Tomorrow's People Trust

1st Floor Wenlock House, 41/43 North Street, Brighton BN1 1RH

Telephone: 01424 718491

Email: [tpollard@tomorrows-people.co.uk](mailto:tpollard@tomorrows-people.co.uk)

[www.tomorrows-people.org.uk](http://www.tomorrows-people.org.uk)

## Services

An innovative national employment charity that is changing the lives of some of society's most excluded and marginalised people through work.

## Details

Helping disadvantaged people get and keep a job, transforming the prospects of those who were otherwise resigned to a future of worklessness and welfare dependency.

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## Brighton & Hove Wood Recycling Project

The Wood Store, Municipal Market, Circus Street, Brighton BN2 9QF

Telephone: 01273 570500

[www.woodrecycling.org.uk](http://www.woodrecycling.org.uk)

## Services

Volunteer placements, training and support.

Collect wood from all kinds of local businesses, and put the re-useable timber on sale to the public at the Wood Store - a recycled timber yard. We offer volunteer placements and training, and encourage people interested in the Project and its aims to get involved. Our volunteers come from all ages and backgrounds.

## Details

Open 9.00am - 5.30pm Monday to Saturday.

Eligibility: Specialise in helping the long-term unemployed and other disadvantaged and marginalised people to get back on the road to employment by offering training, skills and support.

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# Work related skills

## **Vocational Champions – Brighton and Hove**

Telephone Clinical Specialist Occupational Therapists:

Laura Cook: 01273 749500

Becky Priest: 01273 242240

Email:

[lauracook@sussexpartnership.nhs.uk](mailto:lauracook@sussexpartnership.nhs.uk)

[beckypriest@sussexpartnership.nhs.uk](mailto:beckypriest@sussexpartnership.nhs.uk)

### **Services**

Vocational Champions are mental health professionals based within community mental health teams. They give support with work matters and help people to achieve work goals.

### **Details**

In Brighton and Hove the Vocational Champions are the occupational therapists in the recovery teams. Please ask your care coordinator who can refer you.

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## **West Sussex County Council**

General Enquiries: 01243 777100 24 Hour Info: 0845 7581232

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Jobs section.

### **Details**

Offer apprenticeship schemes for people with disabilities.

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## **National Probation Service**

Telephone Eve Muir Employment, Education and Training Manager: 01903 216321

Email: [eve.muir@sussex.probation.gsi.gov.uk](mailto:eve.muir@sussex.probation.gsi.gov.uk)

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## **Job Centre Plus DEAs**

Telephone Jocelyn Anee Harvey, Littlehampton: 01903 545535

Denise Moore, Bognor Regis: 01243 846486

Denise Mitchell, Chichester: 01243 224103

### **Services**

DEAs can access a range of support for individuals with disabilities.

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## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

[www.chichester.gov.uk](http://www.chichester.gov.uk)

### **Services**

See Jobs and careers section link A-Z of services.

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## Work related skills

### **Meadview Community Farm Social Enterprise**

The Ark, 1 New Road, Littlehampton BN17 5AX

Telephone: 01903 725507

Email: kevin.homelink@bt.connect.com

#### **Services**

Current courses – horticulture, catering, transport activities.

Cost half day £28.00, all day £45.00 or full week £200 lunch included.

#### **Details**

Community farm with a cafe, lake and horticulture. Working enterprise working with all people across the community.

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### **Inbiz CPL House Ivy Arch Road Worthing**

Telephone: 02392 201072

Email: portsmouth@inbiz.co.uk

#### **Services**

Project for those who wish to be self employed.

#### **Details**

Advisor will support an individual to prepare for self employment. Open to anyone.

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### **Apuldram**

Common Farm HO, Apuldram Lane South, Chichester PO2 7PE

Contact: Jane Kirby

[www.apuldram.org](http://www.apuldram.org)

#### **Services**

Apuldram provide a day service for people with a learning disability.

#### **Details**

Activities on offer are: gardening, contract gardening, cookery, woodwork, animal care costing £30.67 per day.

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### **CDG (Careers Development Group)**

Refuge House, 49-50 North Street, Brighton BN1 1RH

Telephone: 01273 735970

#### **Services**

Contracted by Jobcentre Plus to provide a range of training and development opportunities to support individuals into sustainable employment. Partnered with Maximus on the New Work Programme.

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# Work related skills

## **SkillShare West Sussex**

[www.skillshare-westsussex.org.uk](http://www.skillshare-westsussex.org.uk)

### **Services**

SkillShare is a new web based to complement the volunteer centre service. This new service is aimed at those wanting to give a small amount of time, between 1 - 10 days.

### **Details**

Whether you need legal or PR skills or someone to get muddy in a community garden register for free today.

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## **West Sussex County Council – Career Tasters**

[www.westsussex.gov.uk/careertasters](http://www.westsussex.gov.uk/careertasters)

### **Services**

Career Taster can take a number of forms including graduate internships, student placements, short term project work, work placements and work experience for adults 16+.

### **Details**

Largest employer in the county can offer a range of opportunities in different business areas which could help in next career steps.

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## **Everyday Recruitment Ltd**

9 Station Road, Bognor Regis, West Sussex PO21 1QD

Telephone: 01243 841753

### **Services**

Specialises in sourcing temporary workers as well as permanent staff for any industry.

### **Details**

Free careers advice – National Careers Service, available free to every adult in England.

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## **Wellbeing in Workplaces**

Telephone Gemma Davis: 01903 529100

### **Services**

Workshops held in Arun for employers and employees.

### **Details**

Increase the understanding and awareness of mental health issues in the workplace.

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## **SEEN (South East Employment Network)**

Telephone Richard Lamplough: 020 8870 6555 Mobile: 077389 41415

[www.theseen.uk.net](http://www.theseen.uk.net)

### **Services**

Signposting to all Employment and learning partners across the South East.

### **Details**

Whether you work in the public, private, or voluntary sector, if any part of your job involves supporting people with additional needs into work, the SEEN is here for you. The most useful areas of the site will most likely be.

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## Work related skills

### **Meadview Community Farm Social Enterprise**

The Ark, 1 New Road, Littlehampton BN17 5AX

Telephone Rosemary Orpin: 01903 725507

Email: kevin.homelink@bt.connect.com

#### **Services**

Current courses - horticulture, catering, transport activities. Half day £28.00, all day £45.00 or full week £200 including lunch.

#### **Details**

Community farm with a cafe, lake and horticulture. Working enterprise working with all people across the community.

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### **MIND**

Chichester Area, Forum House Business Centre, Stirling Road, Chichester

Telephone: 01243 787878

Email: tonihaynes@chichestermind@f2s.com

#### **Details**

Information and support Work skill preparation Links to SDRO project Self referral or via health professional.

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### **Aldingbourne Country Centre**

Aldingbourne Trust, Blackmill Lane, Norton, Chichester, West Sussex PO18 0JP

Email Peter Stanley: peters@aldingbournetrust.co.uk

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

#### **Services**

For people over 16.

#### **Details**

Social Enterprise predominantly focuses on training people with Learning Disabilities and some people with mental health problems Vocational opportunities include working in the Cafe, catering, hospitality, horticulture and carpentry. Open to the general public.

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### **Maximus Employment and Training (UK)**

1st Floor, Friars House, 52a East Street, Chichester

Telephone: 01243 200450

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

#### **Details**

Specialise in helping people who are disadvantaged into employment Work prep courses offered Need to be on job seekers for 12 months referral from JCP.

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# Work related skills

## **Frame of Mind Social Enterprise**

Telephone Teresa and Ian Bates: 01243 828066

Email: [ianb@frameofmind.uk.com](mailto:ianb@frameofmind.uk.com)

[www.frameofmind.uk.com](http://www.frameofmind.uk.com)

### **Services**

Training for people with Mental Health Issues/Learning disabilities in picture framing, digital and general skills in a business environment.

### **Details**

A Social Enterprise based in Arun Business Park, Bognor Regis Supports Self Directed Support.

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## **West Sussex Social Enterprise Network**

Parbrook House, Natts Lane, Billingshurst RH14 9EY

Telephone Mark Habibi, West Sussex Social Enterprise Advisor: 07833 906592

[www.wssen.org.uk](http://www.wssen.org.uk)

### **Services**

1 day a week 1:1 support service provided for persons wishing to set up a social enterprise.

Full list of social enterprises on the website.

### **Details**

Mark is able to help groups/individuals, how to set up a enterprise market research and with development of a business signposting to possible funding.

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## **Southdown Employment**

Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661

Email: [l.matthews@southdownhousing.org](mailto:l.matthews@southdownhousing.org)

Telephone Martin Dominy, Head of Supported Employment: 01273 898780 Mobile: 07971 609485

Email: [m.dominy@southdownhousing.org](mailto:m.dominy@southdownhousing.org)

### **Services**

Employment Specialists Individual Placement & Support Staff (IPS model) Southdown Vocational Service work in partnership with Sussex Partnership NHS Foundation Trust employing Employment Specialists who work as part of Community Mental Health Teams. The Employment Specialist works with individuals around their employment aspirations providing rapid job search, retention and work support (Individual Placement and Support - IPS).

### **Details**

For contact details for specific teams and employment specialist in West Sussex please contact Lisa Matthews.

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## **Sussex Partnership NHS Foundation Trust**

Vocational Champions based in Community Mental Health Teams

Telephone Wendy Walker, Professional Lead Occupational Therapist: 01903 843115 / 07879 605107

Email: [wendy.walker@sussexpartnership.nhs.uk](mailto:wendy.walker@sussexpartnership.nhs.uk)



## Work related skills

### **Services (Sussex Partnership NHS Foundation Trust)**

Vocational Champions are mental health professionals(usually Occupational Therapists)based within community mental health teams. They offer advice and guidance on vocational matters and provide brief interventions that help people achieve their vocational preference and choice. They work closely with the Employment Specialists as per the Individual Placement and Support (IPS) model.

#### **Details**

Please contact Wendy Walker if you require contact details for specific Vocational Champions in West Sussex Trust teams.

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### **Job Centre Plus**

Telephone Rob Piper, Crawley: 01293 728329  
Telephone Mary Strain, Haywards Heath: 01444 338006  
Telephone Sheila Monaghan: 01403 355723

[www.jobseekers.direct.gov.uk](http://www.jobseekers.direct.gov.uk)

#### **Services**

Disability Employment Advisors (DEA's)can access a range of support for individuals with disabilities.

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### **West Sussex Volunteering Network**

[www.westsussexvolunteering.org.uk](http://www.westsussexvolunteering.org.uk)

#### **Details**

Links to 8 volunteer centre in West Sussex including Crawley, East Grinstead & Horsham.  
Links on website to other Volunteer networks/agencies.

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### **West Sussex Social Enterprise Network (WSSSEN)**

Ground Floor, Parbrook House, Natts Lane, Billingshurst, West Sussex RH14 9EY  
Telephone Mark Habibi, West Sussex Social Enterprise Advisor: 07833 906592  
[www.wssen.org.uk](http://www.wssen.org.uk)

#### **Services**

1 day a week 1:1 Support Services provided for persons wishing to set up a social enterprise.

#### **Details**

Mark is able to help groups explore how to set up a enterprise using market research and will support development of a business plan while signposting to possible sources of funding.

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### **Horsham Area Council for Voluntary Service**

Horsham Volunteer Centre, Lavinia House, Dukes Square, Denne Road, Horsham RH12 1GZ  
Telephone: 01403 232100  
Email: [horshamvolunteer@btconnect.com](mailto:horshamvolunteer@btconnect.com)  
[www.hacvs.org.uk](http://www.hacvs.org.uk)

# Work related skills

## **Services (Horsham Area Council for Voluntary Service)**

Develop new interests. Gain experience. Use their skills. Meet new people. Take on a challenge. Make a contribution.

### **Details**

Opening hours are Monday - Thursday between 10:00am and 4:00pm.

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## **National Probation Service**

Telephone Eve Muir Employment, Education and Training Manager: 01903 216321

Email: eve.muir@sussex.probation.gsi.gov.uk

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

### **Services**

Website link to probation details and regional information.

.....

## **Mid Sussex (South) CVS**

Telephone: 01444 258102

Email: info@msscvs.org.uk

[www.msscvs.org.uk](http://www.msscvs.org.uk)

.....

## **SkillShare West Sussex**

[www.skillshare-westsussex.org.uk](http://www.skillshare-westsussex.org.uk)

### **Services**

SkillShare is a new web based tool to complement the volunteer centre service. This new service is aimed at those wanting to give a small amount of time, between 1 - 10 days.

### **Details**

Whether you need legal or PR skills or just someone to get muddy in the community garden register for Free today.

.....

## **West Sussex County Council – Career Tasters**

[www.westsussex.gov.uk/careertasters](http://www.westsussex.gov.uk/careertasters)

### **Services**

Career Tasters can take a number of forms including graduate internships, student placements, short term project work, voluntary work, work placements and work experience for adults 16+.

### **Details**

Largest employer in the county can offer a range of opportunities in different business areas which could help people in their next career step.

.....

# Work related skills

## **Workability**

Telephone: 01903 730044

[www.impact-innitiatives.org.uk](http://www.impact-innitiatives.org.uk)

### **Details**

Substance Misuse - The Steps to work contract with Workability offers support to offenders, ex-offenders and people who have substance misuse or alcohol problems. Employment Specialists work closely with the target groups across West Sussex to provide one to one vocational advice and guidance, personal development plans, sign-posting to other provision, pre-vocational and vocational training, assistance with job applications, CVs and interview techniques; job search, work experience placements and work opportunities. Physical/Sensory Impairment and/or an Acquired Brain Injury, for the purposes of funding, services are available throughout West Sussex.

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## **Crawley Council for Volunteer Services (CVS)**

Volunteer Centre Crawley, 1-2 Gleneagles Court, Brighton Road, Crawley, West Sussex RH10 6AD

Telephone: 01293 657145 / 657145

Fax: 01293 657009

Email: [volbur@crawleycvs.org](mailto:volbur@crawleycvs.org)

[www.crawleycvs.org/volunteer](http://www.crawleycvs.org/volunteer)

### **Details**

Can download a volunteer registration form from the website.

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## **Stepping Stones Crawley – Alternative Learning Community**

Telephone Shirley Steel: 07950 847575

### **Services**

Help with CV writing, job searching, interview techniques and job applications.

### **Details**

Bewbush Community Centre, RH11 8XW (Tuesdays 9.30 - 11.30am)

Langley Green Community Centre, RH11 7PF (Tuesdays 1.00 - 3.00pm)

Broadfield Community Centre, RH11 9BA (Fridays 9:30 - 11:30am)

Job Centre, Gresham House, RH10 1EZ (Thursdays 9:15 - 10:15am)

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## **Ashplants Conservation Group (ACG)**

Telephone: 01342 824431

[www.east-grinstead-war-memorial-ltd.co.uk](http://www.east-grinstead-war-memorial-ltd.co.uk)

### **Services**

Volunteering to help restore ancient woodland.

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## Work related skills

### **Mid Sussex Time Bank**

Telephone: 01444 236593

Email: [timebanking@circlesnetwork.co.uk](mailto:timebanking@circlesnetwork.co.uk)

#### **Services**

Share skills and gain time credits that can be used in exchange for skills of others. Units of one hour credit managed by Angela – Coordinator.

Examples include pet care, shopping, car washing, computers, gardening, ironing, sports coaching, teaching music.

#### **Details**

You can exchange your time credits when you see a service or you can give them to a member of your family.

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### **Southdown Supported Employment**

Telephone Laura McCarney, Contract Manager: 01273 405837 Mobile: 07974 679226

Email: [l.mccarney@southdownhousing](mailto:l.mccarney@southdownhousing)

Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661

Email: [l.matthews@southdownhousing.org](mailto:l.matthews@southdownhousing.org)

Telephone Martin Dominy, Head of Supported Employment: 01273 898780 Mobile: 07971 609485

Email: [m.dominy@southdownhousing.org](mailto:m.dominy@southdownhousing.org)

#### **Services**

For contact details for specific employment staff working in Mental Health teams please contact Lisa Matthews.

#### **Details**

Southdown Supported Employment has been providing supported employment services since 1998.

Southdown's West Sussex Vocational Service works with adults of working age who are living in West Sussex and are accessing a Sussex Partnership Foundation Trust CMHT/Recovery Team, to achieve their employment aspirations. Individuals referred to this service must have paid employment as a goal, and must be motivated to achieve this.

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### **Vocational Champions (VCs) – Sussex Partnership NHS Foundation Trust**

Telephone Wendy Walker, Lead OT/Vocational Lead: 01903 843115 / 07879 605107

Email: [wendy.walker@sussexpartnership.nhs.uk](mailto:wendy.walker@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

#### **Services**

Occupational Therapists employed by Sussex Partnership Foundation Trust, based within community mental health teams.

They work closely with employment specialists in the team to support people in accessing a range of vocational opportunities.

#### **Details**

Vocational clinics with Employment Specialists Vocational assessments etc.

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# Work related skills

## **Sussex Partnership NHS Foundation Trust – Peer Support Specialist Bank**

Telephone Wendy Walker, Lead OT and Kitty Andrews: 01903 843115

Email: [wendy.walker@sussexpartnership.nhs.uk](mailto:wendy.walker@sussexpartnership.nhs.uk) / [kitty.andrews@sussexpartnership.nhs.uk](mailto:kitty.andrews@sussexpartnership.nhs.uk)

### **Services**

Temporary work for people with lived mental health experience (Band 3 & 4) Working within Sussex Partnership clinical teams.

### **Details**

Contact Kitty Andrews for a application pack.

Additional support offered by employment specialists in mental health teams.

.....

## **Southdown Employment**

Telephone Lisa Matthews Team Leader: 01273 405822 / 07773 378661

Email: [l.matthews@southdownhousing.org](mailto:l.matthews@southdownhousing.org)

Telephone Martin Dominy, Head of Supported Employment: **01273 898780 / 07971 609485**

Email: [m.dominy@southdownhousing.org](mailto:m.dominy@southdownhousing.org)

[www.southdownhousing.org](http://www.southdownhousing.org)

### **Services**

Employment Specialist Individual Placement & Support Staff (IPS model) Southdown Vocation Service work in partnership with Sussex Partnership Foundation NHS Trust employing Employment Specialists who work as part of Community Heath Teams. The Employment specialist works with individuals around their employment aspirations providing rapid job search, retention and work support (Individual Placement and Support - IPS).

### **Details**

For contact details for specific teams and employment specialists in West Sussex Please contact Lisa Matthews.

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## **Job Centre Plus**

Telephone: 0845 604 3719

Jobcentre Plus, Hastings: Heron House, 149-159 London Road, St Leonards-on-Sea TN37 6LJ

Disability Employment Advisors: Telephone Hilary/Stephanie: 01424 452167 / 452225

Job Centre Plus, Bexhill: 41 St. Leonards Road, Bexhill-on-Sea TN40 1HS

Disability Employment Advisor: Telephone Julie: 01424 783144

### **Services**

Assistance with finding work and accessing benefits support.

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## **Hastings Volunteer Action**

Jackson Hall, Portland Place, Hastings

[www.hastingsvoluntaryaction.org](http://www.hastingsvoluntaryaction.org)

### **Services**

Volunteering opportunities within the Borough of Hastings.

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# Work related skills

## **National Probation Service**

Telephone Eve Muir, Employment Education and Training Manager: 01903 216321

[www.justice.gov.uk/about/probation](http://www.justice.gov.uk/about/probation)

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## **Job Centre Plus**

National Telephone: 0845 604 3719

**Eastbourne:** St Anne's House, 2 St Anne's Road, Eastbourne, East Sussex BN21 3XX

**Lewes:** Medwyn House, Mountfield Road, Lewes, East Sussex BN7 2XR

**Newhaven:** 55 High Street, Newhaven, East Sussex BN9 9PA

**Tunbridge Wells:** Northgate, 88 Grosvenor Road, Tunbridge Wells, Kent TN1 2AX

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk) or [www.gov.uk/jobsearch](http://www.gov.uk/jobsearch)

### **Services**

Jobs in specific areas.

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## **People Matter**

17 Gildridge Road, Eastbourne BN21 4RU

Telephone: 01323 431289

[www.people-matter.org.uk](http://www.people-matter.org.uk)

### **Services**

The organisation provide advice, guidance and practical help to job-seekers in Eastbourne and the surrounding area. They offer:

- CV assistance.
  - Job clubs.
  - Careers advice.
  - Business start up advice.
  - Help filling out applications.
  - Mock interviews.
- 

## **Volunteering in West Sussex for Citizens Advice Bureau**

11 North St BN11 1DU

Telephone: 01903 632662

Email: [manager@worthingcab.fsnet.co.uk](mailto:manager@worthingcab.fsnet.co.uk)

### **Services**

11 Bureaux in West Sussex Worthing

### **Details**

Lots of different opportunities available to suit from admin support to advisers from fund raising to reception staff.

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# Work related skills

## **Job Centre Plus**

Crown House, High Street, Worthing

Telephone: 0845 6043719

Disability Employment Advisers (DEAs):

Steph Fisher, Worthing: 01903 286230

Jocelyn Anne Harvey, Littlehampton: 01903 545535

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

### **Services**

DEA's can access a range of support for individuals with disabilities.

### **Details**

You can search jobs in each locality and all job centres are listed across Sussex.

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## **National Probation Service**

Telephone Eve Muir Employment Education and Training Manager: 01903 216321

Email: [Eve.muir@sussex.probation.gsi.gov.uk](mailto:Eve.muir@sussex.probation.gsi.gov.uk)

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## **Inbiz (Part of Avanta Group)**

CPL House, Ivy Arch Road, Worthing

Telephone: 02392 201072

Email: [Portsmouth@inbiz.co.uk](mailto:Portsmouth@inbiz.co.uk)

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

### **Services**

Inbiz works with AvantaProject for those who wish to be self employed.

### **Details**

Advisor will support an individual to prepare for self employment. Open to anyone.

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## **West Sussex Volunteering Network**

2nd and 3rd Floor, Colonnade House, Warwick Street, Worthing BN11 3DH

Telephone: 01903 528620

Email: [worthingcvs@btconnect.com](mailto:worthingcvs@btconnect.com)

[www.westsussexvolunteering.org.uk](http://www.westsussexvolunteering.org.uk) or

[www.worthingcvs.org.uk/projects/worthing-volunteer-centre](http://www.worthingcvs.org.uk/projects/worthing-volunteer-centre)

### **Services**

Advise and support local people and voluntary groups on volunteering.

### **Details**

Personalised services help the individual to find the right volunteering opportunity for them.

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# Work related skills

## **Stressline**

Telephone: 0300 123 2000 8.00am -10.00pm 7 days a week

## **Services**

Practical advice and where to get help to address your worries about money, debt or employment.

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## **Adur Voluntary Action (AVA) – Volunteering Community**

Chesham House, 124 South Street, Lancing, West Sussex BN15 8AJ

Telephone: 01903 854985

Email: [volunteering@adurvoluntaryaction.org](mailto:volunteering@adurvoluntaryaction.org)

## **Services**

Many opportunities for volunteering are available, including:

- Caring.
  - Administration/Reception.
  - Environmental.
  - Charity trustees
  - Fundraising.
  - Computing and IT.
  - Young people.
  - Old people.
  - Hospitals
  - Faith groups.
  - Mental health services.
- .....

## **SkillShare West Sussex**

[www.skillshare-westsussex.org.uk](http://www.skillshare-westsussex.org.uk)

## **Services**

SkillShare is a new web based tool to complement the volunteer centre service. This new service is aimed at those wanting to give a small amount of time, between 1 - 10 days.

## **Details**

Whether you need legal or PR skills or just somebody to get muddy in a community garden register for Free today.

.....

## **West Sussex County Council – Career Tasters**

[www.westsussex.gov.uk/careertasters](http://www.westsussex.gov.uk/careertasters)

## **Services**

Career tasters can take a number of forms including graduate internships, student placements, short term project work, voluntary work, work placements and work experience for adults 16+.

## **Details**

Largest employer in the County can offer a range of opportunities in different business areas which could help people with their next career step.

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# Work related skills

## **Boundstone Nursery**

Upper Boundstone Lane, Lancing, West Sussex BN15 9QX

Telephone **Aimee Martin: 07595237664**

Email: [office@boundstone-nur.w-sussex.sch.uk](mailto:office@boundstone-nur.w-sussex.sch.uk)

### **Services**

Volunteering/work experience placements available at Boundstone Nursery.

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## **Everyday Recruitment Ltd**

2nd Floor Chapelworth House, 1 Chatsworth Road, Worthing, West Sussex BN11 1LY

Telephone: 01903 238636

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

### **Services**

Specialises in sourcing temporary workers as well as permanent staff for any industry.

### **Details**

Free careers advice - National Careers Service, available free to every adult in England.

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## **Wellbeing in Workplaces**

Telephone Gemma Davis: 01903 529100

### **Services**

Workshops held in Arun for employers and employees.

### **Details**

Increase the understanding and awareness of mental health issues in the workplace.

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## **Southdown Employment**

Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661

Email: [l.matthews@southdownhousing.org](mailto:l.matthews@southdownhousing.org)

Telephone Martin Dominy, Head of Supported Employment: 01273 898780 Mobile: 07971 609485

Email: [m.dominy@southdownhousing.org](mailto:m.dominy@southdownhousing.org)

[www.southdownhousing.org](http://www.southdownhousing.org)

### **Services**

Employment Specialists Individual Placement & Support Staff (IPS model).

Southdown Vocational Service work in partnership with Sussex Partnership Foundation NHS Trust employing Employment Specialists who work as part of Community Mental Health Teams.

The Employment specialist works with individuals around their employment aspirations providing rapid job search, retention and work support (Individual Placement and Support - IPS).

### **Details**

For contact details for specific teams and employment specialists in West Sussex.

Please contact Lisa Matthews.

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# Work related skills

## **SEEN (South East Employment Network)**

Telephone Richard Lamplough: 020 8870 6555 / 077389 41415

[www.theseen.uk.net](http://www.theseen.uk.net)

### **Services**

Signposting to all Employment and learning partners across the South East.

### **Details**

Whether you work in the public, private, or voluntary sector, if any part of your job involves supporting people with additional needs into work, the SEEN is here for you. The most useful areas of the site will most likely be LOCAL info and REGIONAL info. Within the former you will find masses of useful information relating to your local authority area. Within the latter you will find key information that's useful on a regional level, including news of job opportunities, training courses, and events across the South East region that might interest you.

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## **Worthing CVS**

2nd & 3rd Floor, Colnade House, Warwick Street, Worthing

Telephone: 01903 528620

Email [worthingcvs@btconnect.com](mailto:worthingcvs@btconnect.com)

### **Services**

Range of volunteering opportunities within the local community.

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## **Frame of Mind Social Enterprise**

Telephone Teresa and Ian Bates: 01243 828066

Email: [ianb@frameofmind.uk.com](mailto:ianb@frameofmind.uk.com)

### **Services**

Training for people with Mental Health Issues/Learning disabilities in picture framing, digital and general skills in a business environment.

### **Details**

A Social Enterprise based in Arun Business Park, Bognor Regis.

Supports Self Directed Support.

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## **The Gateway (MIND)**

8-10 Durrington Lane, Worthing

Telephone Carolyn Stubbs: 01903 277000

Email: [carolyn.stubbs@worthingmind.org](mailto:carolyn.stubbs@worthingmind.org)

### **Services**

Guidance and support on a one to one basis into work, training etc.

### **Details**

Professional referral.

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# Work related skills

## **Coastal Enterprises**

Brougham Road, Worthing

Telephone: 01903 239460

### **Services**

A range of contract work to offer people with a learning difficulty the experience of the work setting (workshop and crafts). Catering experience by working with customers providing a buffet service.

### **Details**

Access to this service is via referral from their community team. Participants must have an interest in getting work or working towards developing work skills.

Includes Coastal Cookies.

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## **Mencap**

South Downs Health NHS Trust, Top Floor, Dove Lodge, 49 Beech Road, Littlehampton

Telephone: 01903 722812

### **Services**

Employment support for those with learning difficulties Work prep Job club (Thurs) drop in (CV etc).

### **Details**

Referred by DEA at Job Centre.

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## **Aldingbourne Trust**

Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, West Sussex PO18 0JP

Contact: Peter Stanley

Email: [peters@aldingbournetrust.co.uk](mailto:peters@aldingbournetrust.co.uk)

### **Services**

Social Enterprise predominantly focuses on training people with Learning Disabilities and some people with mental health problems Vocational opportunities include working in the Cafe, catering, hospitality, horticulture and carpentry. Open to the general public. For people over 16.

### **Details**

Work Aid.

An Award winning service supporting people with autism and learning disabilities to find employment.

We deliver two free service's for adults aged 16 and over who are living in West Sussex.

We offer a work preparation programme for people that are keen to work but need extra training to reach their employment goal. The programme is individually tailored to your specific needs and can help with CV writing, presentation, interview techniques, travel training, health and safety and work experience.

For those ready to work our supported employment service allocates you an employment consultant who can help you with job searching, completing job application forms, benefit advice, interviews and job coaching. The employment consultant is able to support you for up to 6 months whether in voluntary or paid work.

Arun Business Partnership Award – Disability Awareness.

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# Work related skills

## **West Sussex Social Enterprise Network**

Parbrook House, Natts Lane, Billingshurst RH14 9EY

Telephone Mark Habibi: 07833 906592

[www.wssen.org.uk](http://www.wssen.org.uk)

### **Services**

1 Day a week 1:1 support services provided for persons wishing to set up a social enterprise.

List of all social enterprises for West Sussex on their website.

### **Details**

Mark is able to help groups on how to set up a enterprise market research and with development of a business signposting to possible funding.

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## **West Sussex Volunteering Network**

[www.westsussexvolunteering.org.uk](http://www.westsussexvolunteering.org.uk)

### **Services**

A network of 8 volunteer centres working together to support voluntary action in the local community.

### **Details**

Search for volunteer centre by locality on the web. Links to national volunteering organisations and schemes.

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## **Mid Sussex Time Bank**

Telephone: 01444 236593

Email: [time.banking@circlesnetwork.org.uk](mailto:time.banking@circlesnetwork.org.uk)

### **Services**

Share skills and gain time credits that can be used in exchange for skills of others. Units of one hour credit managed by Angela - coordinator. Examples include Pet Care, Shopping, car washing, computers, gardening, ironing, sports coaching.

### **Details**

You can exchange your time credits when you see a service or you can give them to a member of your family.

.....

## **Sussex Partnership Trust Vocational Champions in Mental Health Teams**

Telephone Wendy Walker, Professional Lead Occupational Therapist: 01903 843115 / 07879 605107

### **Services**

Vocational Champions are mental health professionals often Occupational Therapists based within community mental health teams. They offer advice and guidance on vocational matters and provide brief interventions that help people achieve their vocational preference and choice. They work closely with the Employment Specialists as per the Individual Placement and Support (IPS) model.

### **Details**

Please contact Wendy if you require contact details for specific Vocational Champions in West Sussex Trust Teams.

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# Work related skills

## **Peer Support Specialist Bank**

Telephone Wendy Walker, Lead Occupational Therapist: 01903 843115

Email: [kitty.andrews@sussexpartnership.nhs.uk](mailto:kitty.andrews@sussexpartnership.nhs.uk)

[wendy.walker@sussexpartnership.nhs.uk](mailto:wendy.walker@sussexpartnership.nhs.uk)

## **Services**

Temporary work for people with lived mental health experience (Band 3 & 4) working with Sussex Partnership clinical teams.

## **Details**

For those interested in applying contact Wendy or Kitty for an application pack Additional support offered by employment specialists in mental health teams.

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# Education

# Education

## **MIND Manager: Lou Hastings**

8 - 10 Durrington Lane, Worthing BN13 2QG

Telephone: 01903 693047

## **And Manager: Carolyn Stubbs**

83 Little High Street, Worthing BN11 1DH

Telephone: 01903 529100

## **Services**

Day Services Peer Support Gardening Projects Housing support Range of Art/Craft/Music clubs/groups.

## **Details**

Requires SDS Funding.

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## **City College Brighton & Hove**

Pelham Street, Brighton BN1 4FA

Main switchboard: 01273 667788

Course Information: 01273 667759

Fax: 01273 667703

Email: [info@ccb.ac.uk](mailto:info@ccb.ac.uk)

[www.ccb.ac.uk](http://www.ccb.ac.uk)

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## **Northbrook College Sussex**

Littlehampton Road, Worthing, West Sussex BN12 6NU

[www.northbrook.ac.uk](http://www.northbrook.ac.uk)

## **Services**

Further and higher education.

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## **Portslade Community College**

Chalky Rd, Portslade BN41 2WS

Telephone: 01273 422632

Email: [comed@pcc-web.com](mailto:comed@pcc-web.com)

[www.pcc-web.com](http://www.pcc-web.com)

## **Services**

All courses are free.

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## **Whitehawk Inn**

Whitehawk Rd (next to bus garage) BN2 5NS

Telephone: 01273 682222

Fax: 01273 647171

Email: [whitehawkinn@whinn.org.uk](mailto:whitehawkinn@whinn.org.uk)

[www.whinn.org.uk](http://www.whinn.org.uk)

## Services

- IT courses.
- Range of other creative/holistic courses.
- Literacy and numeracy.
- One-to-one careers advice.
- Job Drop Inn.
- Job Searchers Guide to the Internet.
- Career Direction (use of specialist software to match skills/preferences with potential careers).

## Details

Also Houses :Family Information Service (FIS); St.Luke's Advice Service (help and advice re benefits, debt, general legal issues around housing); Money Advice and Community Support Service (MACS).

Bus routes: 1,7,21,84.

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## Life Music

Telephone Philip Milburn: 01273 779959/07966 536180

Email: philip@lifemusic.org.uk

[www.lifemusic.org.uk](http://www.lifemusic.org.uk)

## Services

Open to everyone, at times to suit the client. Contact by phone or e-mail. Can set up group sessions on demand to suite the need of the client.

## Details

1 to 1 tuition: guitar, piano, voice, percussion music theory, song writing.

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## Satellite Services

Community Mental Health Centre, 79 Buckingham Road, Brighton BN1 3RJ

Telephone: 01273 749500

Fax: 01273 204170

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

## Services

Satellite Services run a selection of day services which include adult education classes, independent organic allotment gardening, social support groups and the Stanmer gardening group.

## Details

- Courses are free.
  - Cost of materials.
  - Self referrals welcome.
- .....



## **Chichester College**

West gate Field, Chichester PO19 1SB

Telephone: 01243 786321

[www.chichester.ac.uk](http://www.chichester.ac.uk)

### **Services**

Range of full/part time courses for qualifications and leisure.

### **Details**

- Large campus – busy/noisy environment.
  - Day time/evening courses.
  - Fee concessions for individuals in receipt of benefits.
  - Includes school leavers.
- .....

## **Chichester University**

College Lane Chichester

Telephone: 01243 816000

[www.chi.ac.uk](http://www.chi.ac.uk)

### **Details**

- Intensive personal assessment and online coaching and support for vulnerable students.
  - Work placements.
- .....

## **University of 3rd Age (U3A)**

Littlehampton

Telephone: 01903 773083

[www.arunu3a.co.uk](http://www.arunu3a.co.uk)

### **Details**

Range of courses for older people who wish to develop their skills e.g. learning a new language, history.

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## **Mid Sussex Council**

Oaklands Road, Haywards Heath

For General Enquiries Telephone: 01444 458166

[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

See community and living section on the website.

### **Details**

Range of learning opportunities in the local community.

.....

## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

### **Services**

See Education and learning link section A-Z of services.

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## **Arun District Council**

Civic Centre, Maltravers Road, Littlehampton

Telephone: 01903 737500

Email: [info@arun.gov.uk](mailto:info@arun.gov.uk)

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Range of services listed under Living Working Enjoying.

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## **Life Music**

**Telephone** Philip Milburn: 01273/07966 536180

Email: [philip@lifemusic.org.uk](mailto:philip@lifemusic.org.uk)

[www.lifemusic.org.uk](http://www.lifemusic.org.uk)

### **Services**

1 to 1 tuition: guitar, piano, voice, percussion, music theory, songwriting - contact by phone or email

### **Details**

Open to everyone at times to suit the client. Can set up group sessions on demand to suit the needs of the client. Future workshops planned. Free community choir running in East Brighton, Whithawk and Woodingdean.

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## **Maximus Employment and Training (UK)**

1st Floor Friars House, 52a East Street, Chichester

Telephone: 01243 200450

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

### **Details**

Specialise in helping people who are disadvantaged into employment. Work prep courses offered. Need to be on job seekers for 12 months. Referral from JCP.

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## **Chichester IT Training**

Telephone: 02392 340558 Mobile: 07581 496619

Email: [enquiries@chichestertraining.co.uk](mailto:enquiries@chichestertraining.co.uk)

### **Services**

Courses to match complete beginners, through to intermediate courses.

### **Details**

Contact Paul or Annabelle.

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## **South Downs Rural Outlook (Coppicing Project)**

Email: Joolie Edwards: [joolie@sdro.org.uk](mailto:joolie@sdro.org.uk)

### **Services**

Service User run social enterprise that provides coppicing and related activities on the Bar Lavington Estate.

### **Details**

Volunteering and work experience.

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## **Learning Links**

Telephone: 01403 218628

### **Services**

Support customers in the community with learning difficulties.

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## **Chichester College**

West Gate Field

### **Services**

Range of full/part time courses for qualifications and leisure

### **Details**

- Large campus – busy/noisy environment.
  - Day time/evening courses.
- .....

## **Central Sussex College**

[www.centralsussex.ac.uk](http://www.centralsussex.ac.uk)

### **Services**

Offers a range of professional qualifications and courses for leisure and pleasure across different sites throughout Crawley, Horsham and Mid Sussex. These may be full time, part time, apprenticeships, etc.

Also Career Support, job training.

### **Details**

Applications can be made online. Crawley Info: Horsham Info:

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## **Central Sussex College**

Campus at Crawley: College Road, Crawley, West Sussex RH10 1NR

Telephone: 0845 155004

Email: [info@centralsussex.ac.uk](mailto:info@centralsussex.ac.uk)

[www.centralsussex.ac.uk](http://www.centralsussex.ac.uk)

### **Details**

Includes: eg. a training restaurant, hair and beauty , engineering and construction training, retail training.

.....

## Central Sussex College

Campus at Horsham: Hurst Road, Horsham, West Sussex RH12 2DN

Telephone: 01403 218181

Email: [htc@centralsussex.ac.uk](mailto:htc@centralsussex.ac.uk)

[www.centralsussex.ac.uk](http://www.centralsussex.ac.uk)

### Details

Business studies, Health and Safety.

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## Central Sussex College

Campus at Burgess Hill: Victoria Business Centre, 43 Victoria Road, Burgess Hill, West Sussex RH15 9LR

Telephone: 01444 242751

Email: [info.bh@centralsussex.ac.uk](mailto:info.bh@centralsussex.ac.uk)

[www.centralsussex.ac.uk](http://www.centralsussex.ac.uk)

### Details

Burgess Hill Info: Burgess Hill Campus was opened in January 2004 at Victoria Business Centre and currently provides vocational training for adults in brickwork, plumbing, car maintenance and repair and vehicle restoration.

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## Chichester College

Telephone: 01243 786321

Email: [webmaster@chichester.ac.uk](mailto:webmaster@chichester.ac.uk)

[www.chichester.ac.uk](http://www.chichester.ac.uk)

### Services

From A levels to professional qualifications, apprenticeships, training for business, Access courses, getting back to work, Skills for Life, including English and Maths. Courses available for 16-18 year olds and 19 years and over. Also a number of facilities available include restaurants, salon, College Travel, sports centre and child care.

### Details

Can apply for courses online. Campuses at Chichester, Brinsbury, Littlehampton, Bognor Regis.

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## Brinsbury Campus

(part of Chichester College)

[www.chichester.ac.uk/Courses/Course-Browsing](http://www.chichester.ac.uk/Courses/Course-Browsing)

### Services

Courses in the following Subject areas Agriculture (7) Animal & Veterinary Care (9) Art, Design & Media (7) Construction (7) Countryside Management (15) Creative Crafts (10) Education & Training (1) Engineering (11) Equine (4) Floristry (12) Foundation Programmes (4) Hair & Beauty (10) Health, Safety & Security (3) Higher Education (1) Horticulture (33) Motor Vehicle (5) Sport, PE & Public Services (1).

### Details

Can apply for courses online.

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## **West Sussex Adult Education**

[www.westsussex.gov.uk/adulteducation](http://www.westsussex.gov.uk/adulteducation)

Search by locality and subject course interest.

### **Services**

Part time adult education across area.

### **Details**

Courses facilitated in community locations such as libraries and schools.

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## **Mid Sussex Council**

Oaklands Road, Haywards Heath

Telephone: 01444 458166

[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

See community and living section on the web.

### **Details**

Ranges of learning opportunities in the local community.

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## **West Sussex Adult and Community Learning Service**

West Sussex Adult and Community Learning

Telephone Debbie Cox: 01403 229200

### **Services**

Art for Well Being, Tai Chi and Meditation, Confidence Building, Food for Mood.

### **Details**

Course details and venues and prices available.

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## **Read and Spell Course**

West Sussex Adult and Community

Email: [debbie.cox@westsussex.gov.uk](mailto:debbie.cox@westsussex.gov.uk)

Mental health curriculum leader

### **Services**

- Thomas Benett Community College.
- Crawley – Held Wednesdays 10.00am - 12.00pm.
- For people with a history of dyslexia.

### **Details**

- Free for those accepted on the course.
  - Informally assessed by the tutor.
  - Debbie can provide support for individuals.
-

## **Life Music**

Telephone Philip Milburn: 01273 779950 / 07966 53610

Email: philip@lifemusic.org.uk

[www.lifemusic.org.uk](http://www.lifemusic.org.uk)

### **Services**

1 to 1 tuition: guitar, piano, voice, percussion, music theory, song writing.

### **Details**

Open to everyone at times to suit client. Contact by phone or email. Can set up group sessions on demand to suit the need of the client. Future workshops planned at The Friends Centre Brighton. Free community choir in East Brighton Whitehawk and Woodingdean.

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## **Local Arts groups**

Email: arts@midsussex.gov.uk

.....

## **West Sussex Adult and Community**

Telephone Debbie Cox: 07709 402707

### **Services**

Job Search Skills 1.30 - 15.30 Marle Place.

### **Details**

10 week course FREE starts 24th February.

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## **West Sussex Adult and Community Learning**

Telephone Debbie Cox: 07709 402707

### **Services**

Money Management.

### **Details**

10 Week Course FREE@ Marle Place. Starting Friday 24th February 14.00 - 16.00.

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## **Family Solution**

Horsham & Crawley Counselling Service

Telephone Barbara Green: 01403 217900

### **Services**

Parenting Intervention.

### **Details**

- Support for parents to be.
  - 12 week course for families.
- .....

## **U Can Do IT**

Highfield House, 4 Woodfall Street, London SW3 4DJ

Email: [admin@ucandoit.org.uk](mailto:admin@ucandoit.org.uk)

[www.ucandoit.org.uk](http://www.ucandoit.org.uk)

Registered Charity, recycled computers available through them at £199.00 each. Individual tutors are CRB checked with 3 personal references. Informative video on website.

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## **Mid Sussex Time Bank**

Circular Network Suite A, KBF House, 55 Victoria Road, Burgess Hill RH15 9LH

### **Services**

Share skills and gain time credits that can be used in exchange for skills of others. Units of one hour credit managed by Angela (coordinator). Examples include Pet care, shopping, car washing, computers, gardening, ironing, sports coaching, teaching music.

### **Details**

You can exchange your time credits when you see a service or can give them to a member of your family.

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## **Sussex Coast College**

Based in Hastings

Telephone: 01424 442222

[www.sussexcoast.ac.uk](http://www.sussexcoast.ac.uk)

### **Services**

A range of courses and college information.

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## **Littlehampton Adult Education Centre**

88 The New Learning Shop, High Street BN17 5DX

Telephone: 01903 722155

Email: [littlehampton.acl@westsussex.gov.uk](mailto:littlehampton.acl@westsussex.gov.uk)

### **Services**

A variety of adult education courses available.

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## **West Sussex County Council (WSCC)**

Telephone: 01243 771100 24 Hour: 0845 7581232

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

Web-site links to schools, college.

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## **West Sussex Adult Education**

Telephone: Linda Connelly, Lancing: 0845 6010161, Liz Rubins, Worthing: 01903 750753, Ellen, Littlehampton: 01903 722155

[www.westsussex.gov.uk/adulteducation](http://www.westsussex.gov.uk/adulteducation)

### **Services**

Part time Adult Education across area.

### **Details**

Courses facilitated in community locations such as libraries and schools. All students over 18 years old. Fee concessions for individuals in receipt of benefits.

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## **Northbrook College Worthing**

Telephone Reception: 01903 607204, Admissions: 01903 606196, Administrator: 01903 606008, Cathy Carey, Skills for Life: 01903 606400

### **Services**

Range of full/part time courses for qualifications and leisure. Worthing/Shoreham.

### **Details**

- Day time/evening courses.
  - Fee concessions for individuals in receipt of benefits.
  - Full time courses will include school leavers.
- .....

## **Futures Training Worthing**

Stirling Chambers, 50-54 Chapel Road, Worthing BN11 1BE

Telephone Sheena Jones: 01903 216783

Email: [worthing@futures-training.co.uk](mailto:worthing@futures-training.co.uk)

[www.futures-training.co.uk](http://www.futures-training.co.uk)

### **Services**

Self learn IT and skills for Life Courses.

### **Details**

Students need to have a high level of commitment and self discipline.

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## **Northbrook College**

Telephone: 0845 1556060

Email: [enquiries@nbcol.ac.uk](mailto:enquiries@nbcol.ac.uk)

[www.northbrook.ac.uk](http://www.northbrook.ac.uk)

### **Services**

- Further higher education across Sussex.
- Course for University level included.

### **Details**

- There is a link for students with learning difficulties and/or other disabilities.
  - There is sign language video for those with hearing impairment.
- .....



## **Guildbourne IT Workshop**

Unit 21, Guildbourne Centre, Worthing BN11 ILZ

Telephone Andy Sheppard, Project Coordinator: 01903 231356

### **Services**

Offers individual IT training sessions (beginners to intermediate) (non qualification) As many sessions as necessary.

### **Details**

All session are free.

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## **Life Music**

Telephone Philip Milburn: 01273 779950 / 07966 536180

Email: philip@lifemusic.org.uk

[www.lifemusic.org.uk](http://www.lifemusic.org.uk)

### **Services**

1 to 1 tuition: guitar, piano, voice, percussion, music theory, song writing.

Open to everyone at times to suit the client contact by email or phone.

### **Details**

Can set up group sessions on demand to suit the needs of the client.

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## **IT Junction**

Telephone: 01903 256233

[www.itjunction.org.uk](http://www.itjunction.org.uk)

### **Services**

Ever asked yourself what the internet can offer you? Want to be able to do something online to make your life simpler? If yes, then pop along to your local IT Junction where anyone can gain FREE access to computers, the internet and online courses.

### **Details**

- I.T. Junction Broadwater @ Wave / Baptist Hall, Dominion Road BN14 8JL  
Open Wednesday 1.00pm - 3.00pm & Thursday 10.00am - 12.00 noon
  - I.T. Junction Durrington @ St Symphorian's Hall, New Road BN13 2PU  
Open Wednesday 10.00am - 12.00 noon & Thursday 2.00 - 4.00pm
  - I.T. Junction Goring @Raleigh Way BN12 6JD  
Open Tuesday 1.00pm - 3.00pm & Friday 10.00am - 12.00 noon
  - I.T. Junction Southwick @ Community Church, 1-5 Roman Crescent BN42 4TY  
Open Tue 10.00 - 11.20am Wed 10.00 - 11.30am & Fri 10.00 - 12.00 noon
  - I.T. Junction Northbrook @ Community Centre (Tesco's) BN13 3PB  
Open Tuesday 12.00 - 2.00pm & Thursday 10.00 - 12.00 noon
-

## **Brighton University Student Support Service**

First Floor, The Manor House, Moulscroomb Place, Lewes Road, Brighton BN2 4GA

Telephone: 01273 642895 / 642857

[www.brighton.ac.uk](http://www.brighton.ac.uk)

### **Services**

Support and advice for students with a disability or learning difficult.

### **Details**

Click on Admin & support depts. Then student services.

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## **The Steps to Work Partnership**

[www.stepstowork.org.uk](http://www.stepstowork.org.uk)

### **Services**

Bespoke discrete training, IT, confidence building.

### **Details**

Steps to Work is a partnership of organisations from the voluntary and public sector which supports people with a range of disabilities to live a more independent life through paid employment ,training ,education and work experience.

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# Finance

## **BHT Advice**

Brighton Housing Trust, Community Base, 113 Queen's Road, Brighton BN1 3XG

Telephone: 01273 234737

[www.bht.org.uk](http://www.bht.org.uk)

### **Services**

BHT provides a range of free specialist legal advice in housing, immigration, welfare benefits and debt at our advice centres in Brighton, Eastbourne and Hastings.

### **Details**

For local advice centres see addresses and phone numbers on the website.

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## **Age Concern**

Portslade

Telephone: 01273 720603

### **Services**

General Advice.

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## **City of Brighton and Hove Credit Union**

4 Dorset Street, Brighton BN2 1WA

Telephone: 01273 626855

### **Services**

Secure savings, youth saver accounts, ethical investment, cheap loans and profit sharing.

### **Details**

A savings and loans co-operative.

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## **CoCommunity Legal Advice**

Telephone: 08453 454345

[www.legaladviserfinder.justice.gov.uk](http://www.legaladviserfinder.justice.gov.uk)

### **Services**

Dealing with debt, benefits, tax credits etc free, government-funded confidential advice service.

### **Details**

Free and confidential advice service paid by legal aid.

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## **Consumer Direct**

Telephone: 08454 040506

### **Services**

Practical consumer advice.

### **Details**

Funded by government.

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## **Consumer Credit Counselling Service**

Telephone: 0800 1381111

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

### **Services**

A structured programme on how to manage your money.

### **Details**

- Freephone advice.
  - Charitable.
  - Confidential.
- .....

## **Credit Action**

[www.creditaction.org.uk](http://www.creditaction.org.uk)

### **Services**

Provides information and guidance for people looking to manage their money better or to deal with debt or money worries.

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## **Dealing With Debt**

Telephone: 08456 000133

[www.gamcare.org.uk](http://www.gamcare.org.uk)

### **Services**

Help for problem gamblers including local area support.

### **Details**

- Counselling and support services.
  - Help line Open 7 days a week, 8.00am - midnight.
- .....

## **Debt Advice Network**

Telephone: 03000112340

[www.debtadvicenetwork.org.uk](http://www.debtadvicenetwork.org.uk)

### **Services**

A charity with a nationwide network of advisors offering free impartial advice on any type of debt problem.

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## **East Sussex Credit Union**

Community Base, 113 Queen's Road, Brighton BN1 3XG

Telephone: 01273 234858

[www.credit-union.org.uk](http://www.credit-union.org.uk)

### **Services**

Safeguarding savings and providing loans.

### **Details**

Owned and managed by its members.

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## **Financial Inclusion Fund – Money Advice Project**

Citizen's Advice Bureau, Hove Town Hall

Telephone: 0845 1203710

### **Services**

Debt, Housing, Benefits etc.

### **Details**

Advice Line and Drop-In Service 9.50am - 11.15am.

.....

## **Gamblers Anonymous**

Telephone: 02073843040

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### **Services**

A support fellowship for problem gamblers.

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## **Housing Benefit Drop-In**

YAC Housing Services, 58 West Street, Brighton

Telephone: 01273 828828

### **Services**

Housing Benefit, Claims, Rent, Forms, Council Tax Benefit etc advice.

### **Details**

- Every Wednesday 1.00pm - 4.00pm. For 16 - 25 year olds.
  - Free and confidential.
  - No appointment necessary.
- .....

## **Job Centre Plus**

Windsor House, Edward Street, Brighton

Telephone: 01273 647533

### **Services**

Benefits to people of working age.

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## **National Debtline**

Telephone: 8088084000

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

### **Services**

Offers advice on debt problems and free booklets and fact sheets on dealing with debt.

### **Details**

Free and independent.

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## **Payplan**

Telephone: 800716239

[www.payplan.com](http://www.payplan.com)

### **Services**

Free confidential advice on debt problems.

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## **Southern Housing Group**

Telephone: 0845 612005

Email: [directpayment@shgroup.org.uk](mailto:directpayment@shgroup.org.uk)

[www.shgroup.org.uk](http://www.shgroup.org.uk)

### **Services**

Help with opening a bank account.

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## **St. Luke's Advice Centre**

18 Exeter Street, Brighton

Telephone: 01273 549203

Email: [info@stlukesadvice.org.uk](mailto:info@stlukesadvice.org.uk)

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

### **Services**

Advice, information and help with form filling in relation to debts, benefits, housing, tax, pensions, bankruptcy, housing and council tax.

### **Details**

- Open Mon, Weds & Thurs 10.00am - 4.00pm.
  - Friday 10.00am - 1.00pm.
  - Free, Charitable.
- 

## **Counsel & Care**

Free Advice Line: 0845 300 7585

[www.counselandcare.org.uk](http://www.counselandcare.org.uk)

### **Services**

Service for older people their families and carers. Handbook on care homes.

### **Details**

- Search advice and information - fact sheets.
  - Finding and paying for a care home.
  - What to look for, fees and guidance, mental health & capacity.
-

## **Brighton and Hove Federation of Disabled People**

Telephone: 01273 296747

[www.bhfederation.org.uk](http://www.bhfederation.org.uk)

### **Services**

The Brighton and Hove Federation of Disabled People works to promote independence and dignity for all people with disabilities and to identify gaps when services are being planned and developed.

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## **Liaise (Frontline Project)**

Telephone Jan Davey Debt Advisor: 01903 218722

Email: [liaise@frontlineworthing.org.uk](mailto:liaise@frontlineworthing.org.uk)

[www.frontlinedebtadvice.org.uk](http://www.frontlinedebtadvice.org.uk)

### **Details**

- Free debt advice for anyone.
  - Good budget sheet to print off with income and expenditure.
- .....

## **West Sussex Credit Union**

13 Crescent Road, Worthing

Telephone Anthony Daveson: 01903 237221

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

### **Services**

West Sussex credit union lets people in the community come together to save and borrow money at low rates, with surpluses being returned to members.

### **Details**

West Sussex credit union can put you in touch with agencies that can provide you with advice on budgeting.

.....

## **National Debtline**

For Personal Debt Telephone: 0808 8084000 Business Debt: 0800 1976026

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

### **Services**

Free confidential and independent advice on how to deal with debt problems.

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## **Chichester CAB**

Telephone: 08477 01001

Email: [contact@chichestercab.org](mailto:contact@chichestercab.org)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Services**

Financial advice/signposting.

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## **Payplan**

Telephone: 0800 2802816

[www.payplan.com](http://www.payplan.com)

### **Services**

Payplan provides free advice to people living in the UK on debt and budgeting includes free management plans and IVSs(Individual Involuntary Arrangements) without up front fees.

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## **Budgeting Skills Course**

West Sussex Adult and Community Learning Service

Telephone Sue Crawford, Bognor Community Mental Health Team: 01243 841041

### **Services**

Learn skills to get back on track with your finances and develop budgeting skills.

### **Details**

Small friendly supportive class open to people known to the Sussex Partnership NHS Foundation Trust Mental Health Services, Bognor area.

.....

## **West Sussex Credit Union**

129 Montague Street, Worthing BN11 3BP

Telephone: 01903 237221

Email: [enquiries@westsussexcreditunion.co.uk](mailto:enquiries@westsussexcreditunion.co.uk)

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

### **Services**

Providing access to affordable loans. Free confidential money advice service; budgetting, benefits, tax credits, debts, money saving advice, grants, tax rebates, Budgeting Account.

### **Details**

Anthony Daveson, Operations Manager; Sue Mason, Customer Services Officer.

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## **Age UK**

Age UK West Sussex, Information and Advice, Suite 2, Anchor Springs, Littlehampton, West Sussex BN17 6BP

Freephone: 08000191310

[www.ageukwestsussex.org.uk](http://www.ageukwestsussex.org.uk)

### **Services**

Free confidential advice for anyone over 50, their families and carers, and for more complex matters and outreach service, or for those with more complex needs who are unable to get to an outreach appointment they can provide a limited home service.

The service is delivered by fully trained staff on following matters: Personal Budgeting; Savings and Investments; Insurance; Credit and Borrowing; Retirement Planning; Taxation; Benefits.

### **Details**

Appointments available in Crawley, Haywards Heath and Burgess Hill.

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## **Crawley Talks Money**

Telephone Julian Paszkiewicz: 01293 518144 or 657100

### **Services**

Light touch debt management service.

### **Details**

If you are in arrears with Crawley Homes or in need of financial advice.

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## **Citizens Advice Bureau (CAB)**

Telephone The Crawley Office: 0844 477 1171

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Services**

Free confidential impartial and independent advice for problems with debts, benefits, employment, housing, discrimination and many more issues.

The web page offers a search for your local CAB.

### **Details**

Advice can be face-to-face or over the phone, and some services can operate home calls and email advice.

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## **Crawley Talks Money**

Telephone: 01293 657100

### **Services**

Supporting residents in Bewbush, Broadfield and Langley Green in managing thier finances.  
Access to debt advice.

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## **Mind**

51 New England Street, Brighton BN1 4GQ

Telephone: 01273 666950 / 0845 604 2712

Email: [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

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

### **Services**

Mental Health Advocacy, issue based on crisis advocacy service. Independent, confidential, client led, non judgemental and free of charge. Help and support and representation where needed.

Examples of activity include representation at benefit medical assessments, tribunals, ward rounds, care plan reviews (CPAs), GP appointments, support at court, child protection proceedings, help with form filling, etc.

West Sussex wide service – main bases in Crawley and Horsham, Worthing and Chichester. Also provide statutory advocacy (IMHA) for people detained under The Mental Health Act 1983.

### **Details**

Anyone who considers themselves to have mental health difficulties can access Mind service.

We accept self referrals, also by a carer, professional or anyone else. Just contact by email, phone etc.

No form filling required.

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## **West Sussex Credit Union**

13 Crescent Road, Worthing

Telephone Anthony Daveson: 01903 237221

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

### **Services**

West Sussex credit union lets people in the community come together to save and borrow money at low rates, with surpluses being returned to members.

### **Details**

West Sussex credit union can put you in touch with agencies that can provide you with advice on budgeting.

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## **Adur District Council**

[www.adur.gov.uk](http://www.adur.gov.uk)

### **Services**

Debt advice links A-Z of services,

### **Details**

Useful to use their search engine, to look up 'Money Saving Expert' for a number of different saving advice pages.

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## **Liase (Frontline Project)**

Telephone Jan Davey, Debt Advisor: 01903 218722

Email: [liase@frontlineworthing.org.uk](mailto:liase@frontlineworthing.org.uk)

[www.frontlinedebtadvice.org.uk](http://www.frontlinedebtadvice.org.uk)

### **Details**

Free debt advice for anyone Good budget sheet to print off with income and expenditure.

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## **Age UK**

Age UK West Sussex, Information and Advice, Suite 2, Anchor Springs, Littlehampton, West Sussex BN17 6BP

Freephone: 08000191310

[www.ageukwestsussex.org.uk](http://www.ageukwestsussex.org.uk)

### **Services**

Free confidential advice for anyone over 50, their families and carers, and for more complex matters and outreach service, or for those with more complex needs who are unable to get to an outreach appointment they can provide a limited home service. Subject matter includes the following: Personal Budgeting; Savings and Investments; Insurance; Credit and Borrowing; Retirement Planning; Taxation; Benefits.

### **Details**

Appointments available in Bognor Regis and Littlehampton.

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## **Worthing Citizens Advice Bureau**

11 North Street, Worthing

Telephone: 08447 010101

Email: [contact@worthingcab.org](mailto:contact@worthingcab.org)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Services**

- Signposting to range of local support agencies.
  - Search for Citizens advice bureau on the Borough council website.
- .....

## **West Sussex Credit Union**

13 Crescent Road, Worthing BN11 1RL

Telephone: 01903 237221

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

### **Services**

West Sussex credit Union lets people in the community come together to save and borrow money at low rates, and is operated on a not-for-profit basis, with surpluses being returned to members.

### **Details**

West Sussex Credit Union can put you in touch with agencies that can provide you with advice on budgeting and debt management, as well as offering general help.

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# Travel and transport

# Travel and transport

## **The Big Lemon**

[www.thebiglemon.com](http://www.thebiglemon.com)

### **Services**

The Big Lemon is a Community Interest Company, running environmentally friendly local buses between Brighton City Centre and the Universities.

### **Details**

Buses and coaches are also available for hire.

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## **Brighton and Hove Buses**

Telephone:(01273 291924

[www.buses.co.uk/travel](http://www.buses.co.uk/travel)

### **Services**

All bus travel information you need in Brighton and hove plus information on trips and excursions.

### **Details**

Visit [www.journeyon.co.uk](http://www.journeyon.co.uk) for real time bus information.

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## **Car Clubs**

Telephone: 08445442010

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

[www.whipcar.com](http://www.whipcar.com)

### **Services**

Become a member of city car club to use their cars parked around different locations in the city.

A free car club available in the city.

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## **CityDoc – Brighton**

CityDoc Travel Clinic, Superdrug Brighton, 78 Western Road, Brighton, East Sussex BN1 25N

Telephone: 0845 026 0830

### **Services**

Travel health clinic.

### **Details**

Network in association with Superdrug.

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## **Community Transport Association (CTA)**

[www.ctauk.org](http://www.ctauk.org)

### **Services**

The CTA works with community transport organisations, offering a wide range of direct support services to members and are recognised by government as the voice of voluntary and community transport in the UK. The CTA promotes excellence through training, publications, advice, events and project support on voluntary, community and accessible transport.

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## **Cycle Brighton and Hove**

### **Services**

Council information on cycling in Brighton including city wide cycle route.

### **Details**

Also includes link to a comprehensive city cycle facilities map, showing details of cycle parking, routes counters and 'toucan' crossings, bike hire and maintenance providers, training, cycle safety, cycle interest groups, clubs, and more.

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## **Rayment Cycles**

[www.rayment-cycles.co.uk](http://www.rayment-cycles.co.uk)

### **Services**

Information on buying and hiring bicycles.

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## **Cycle routes in and around Brighton and Hove**

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

### **Services**

Random collection of cycle routes from a cyclist point of view.

.....

## **ICIS Information for Life**

35 Worthing Road, East Preston BN16 1BQ

Telephone: 0800 859929

Fax 01903 777601

[www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

### **Services**

Data base of local services (health social care and voluntary groups etc).

### **Details**

Free service for people of all ages in West Sussex needing help because of difficult or challenging personal or life circumstances.

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## **Lift share**

[www.liftshare.com](http://www.liftshare.com)

### **Services**

Car sharing.

### **Details**

Brighton & Hove City council staff can sign up to find colleagues offering or looking for a car share at: [www.journeyon.co.uk/bhccstaffcarshare](http://www.journeyon.co.uk/bhccstaffcarshare).

By sharing your car with just one other person, you'll be halving the amount of CO2 emissions your journey is responsible for, plus car sharing is sociable and can save you money on fuel and parking.

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# Travel and transport

## **MASTA – Brighton**

St Peter's Medical Centre, 30 - 36 Oxford Street, Brighton, Sussex BN1 4LA

Telephone: 0330 100 4137

[www.masta-travel-health.com](http://www.masta-travel-health.com)

### **Services**

Travel health clinic.

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## **Older People's Bus Pass**

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

Information about bus pass, and application available online.

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## **One Stop Shop**

16 Old Steine, Brighton

Telephone: 01273 886200

Queens Road, Brighton

Telephone: 01273 700406

### **Services**

For cheap advance bus and train tickets.

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## **Shopmobility**

Churchill Square, Brighton

[www.bhfederation.org.uk](http://www.bhfederation.org.uk)

### **Services**

Shopmobility is a scheme which lends manual wheelchairs, powered wheelchairs and powered scooters to members of the public with limited mobility to shop and to visit leisure and commercial facilities within towns, cities or shopping centres.

### **Details**

Hove Bus & Coach Company run an intensive network of local bus routes serving the conurbation of Brighton and Hove from Shoreham through to Newhaven as well as longer distance routes to Eastbourne, Lewes and Tunbridge Wells.

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## **Sussex Travel Clinic – Travel clinic for Brighton & Hove**

Suite 2, 30 The Drive, Hove, East Sussex BN3 3JD

Telephone: 01273 749100

[www.sussextravelclinic.com](http://www.sussextravelclinic.com)

### **Services**

Travel Health Clinic.

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## **School Transport**

Telephone: 01273 293501

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## **Taxi Vouchers for Disabled People in Brighton and Hove**

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

The taxi voucher scheme is for Brighton & Hove residents who qualify for a concessionary bus pass, but cannot use buses because of a disability.

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## **Taxi Services**

Brighton and Hove City Cabs, 63 Queens Road, Brighton

Telephone: 01273 205 205

[www.205205.com](http://www.205205.com)

Brighton & Hove Streamline Ltd, 86 Goldstone Villa, Hove

Telephone: 01273 202 020

[www.brighton-streamline.co.uk](http://www.brighton-streamline.co.uk)

1st Class Travel, 39 Connell Drive, Brighton

Telephone: 01273 301 269

[www.1stclasstravel-uk.com](http://www.1stclasstravel-uk.com)

### **Services**

Taxi service.

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## **Train Enquiries from Brighton**

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

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## **Travel and transport in Brighton City Centre, Including Car Hire and Taxis**

[www.iknow-sussex.co.uk/travel/brighton\\_and\\_hove/brighton](http://www.iknow-sussex.co.uk/travel/brighton_and_hove/brighton)

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## **Visitors Information Centre**

Royal Pavilion Shop, Royal Pavilion, 4-5 Pavilion Buildings, Brighton BN1 1EE

[www.visitbrighton.com/site/tourist-information](http://www.visitbrighton.com/site/tourist-information)

### **Services**

Bus and train timetables as well as local areas of interest.

### **Details**

Opening Hours: Daily -10.00 - 17.00. (24th Dec 1000-1430, closed 25th & 26th Dec.)

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## **Young Persons Railcard**

[www.16-25railcard.co.uk](http://www.16-25railcard.co.uk)

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## **Blue Badges**

Telephone: 01273 296270

### **Services**

Parking permits for disabled people.

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## **Brighton & Hove Federation of Disabled People**

[www.bhfederation.org.uk](http://www.bhfederation.org.uk)

### **Services**

The Brighton and Hove Federation of Disabled People works to promote independence and dignity for all people with disabilities and to identify gaps when services are being planned and developed.

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## **Bluebird Society for the Disabled**

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

### **Services**

Residents of Hove and Portslade who are mobility-impaired may enrol with the society and benefit from its outings, social and lunch clubs and group holiday arrangements.

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## **Community Transport Brighton and Hove Ltd**

Telephone: 01273 677559

[www.bhct.co.uk/useourminibuses](http://www.bhct.co.uk/useourminibuses)

### **Services**

In order to use our minibuses organisations need to be a member group of Community Transport (Brighton, Hove & Area).

Minibuses can be booked for as little as an hour or as long as a week or more.

Member organisations can book to use our minibuses on a regular basis or for one off trips.

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## **Community Transport for the Lewes Area Ltd**

[www.ctla.org.uk](http://www.ctla.org.uk)

### **Services**

Community Transport for the Lewes Area Ltd (CTLA) is a registered charity (No 1110215) providing affordable, accessible transport for people in the Lewes District (including East Saltdean, Peacehaven, Newhaven and Seaford) who find it difficult to access normal forms of transport.

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## **Concessionary Bus Travel for residents of Brighton and Hove**

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

Information regarding bus passes.

### **Details**

Free bus travel on local bus services is available to bus pass holders throughout England. People are required to show their bus pass to the driver and take a free travel ticket. Only holders of valid bus passes are able to travel free of charge.

---

## **Holidays (breaks) MIND info line**

Telephone: 0845 766 0163

[www.mind.org.uk/help/community-care/holidays](http://www.mind.org.uk/help/community-care/holidays)

### **Services**

List of suggested hotels/group holidays and retreats. Advice on costs etc.

### **Details**

Phone line open 9.00am - 6.00pm.

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## **West Sussex County Council**

General enquiries: 01243 777100

24 hour info: 0845 7581232

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Travel and concessions info.

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## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

### **Services**

See Transport link section A-Z of services.

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## **Holidays (Breaks) MIND**

Info line: 0845 766 0163

### **Details**

List of suggested hotels/group holidays and retreats. Advice on costs etc.

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## **Disabled Go**

[www.disabledgo.com](http://www.disabledgo.com)

### **Details**

Free online access guides to over 80,000 venues across UK Arun lists over 380 venues from shops, pubs, accommodation, restaurants and place of interest.

.....

## **Mid Sussex District Council**

Telephone: 01444 458166

[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

Concessionary travel Railcards Disabled Person Railcards Taxi vouchers Blue badge scheme.

### **Details**

Mid Sussex District Council runs a scheme to help older people and disabled adult residents in Mid Sussex with the cost of travel.

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## **Villages Transport Link (Billilinks)**

Telephone: 01703 815 518

Billilinks: 01403 786818

### **Services**

Transport Service in Billingshurst and surrounding villages. Including - Wisborough Green, Kirdford, Plaistow, Ifold, Loxwood, Roundstreet Common, Newpound Common, Barns Green, Brooks Green, Dragons Green, Shipley, Whitehall, Broomers Corner, Ingrams Furze, Coolham & Coneyhurst.

### **Details**

For information on village transport links go to A-Z results on the WSCC site search under villages.

All journeys must be booked in advance.

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## **West Sussex County Council**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

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## **Crawley Community Transport**

Telephone: 01293 547010

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Transport for Crawley and surrounding areas.

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## **Crawley Shopmobility**

Telephone: 01293 522852

[www.shopmobilityuk.org](http://www.shopmobilityuk.org)

### **Services**

Shopmobility is a scheme which lends manual wheelchairs, powered wheel chairs and powered scooters to members of the public with limited mobility within a specific town, city or centre.

### **Details**

The national shop mobility will link you to all the various schemes across the UK. Search by using shop mobility directory and entering town and postcode .

You do not need to be registered disabled to use this scheme.

.....

## **Community Transport Organisations**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

From the web page select the link for 'leisure' then select 'getting around West Sussex'.

.....

## **Bluebird Community Transport**

Telephone: 01444 253133

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

### **Services**

Dial a rial in the mid Sussex area Hospital patient transport Group hire from non-profit groups.

.....

## **Disabled Go**

[www.disabledgo.com](http://www.disabledgo.com)

### **Services**

Community: Entertainmnet, Culture and Leisure: Public and Professional Travel and Accommodation: Retail and Shopping. Free online access guides to over 80,000 venues across UK. Lists over 380 venues from shops, pubs, accommodation, restaurants places to go and places of interest.

.....

## **Disaway – Holidays with Disabled People**

Telephone: 0208 878 2054

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

### **Services**

The Disaway Trust is a registered charity that organises group holidays with physically disabled people aged 16 - 80.

### **Details**

Disaway puts a holiday package together to ensure suitability and accessibility for the individual.

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## **Crawley Community Transport**

Telephone: 01293 547010

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

[www.eesi.org.uk](http://www.eesi.org.uk)

### **Services**

Transport for Crawley and surrounding areas.

Crawley community transport is the transport charity providing a flexible and affordable transport service for people unable to access mainstream public transport services due to a disability.

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## **Rethink-Holidays and Respite Breaks**

[www.rethink.org](http://www.rethink.org)

### **Services**

The website details organisations offering holidays and respite breaks for individuals who have a mental health problem and their families.

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## **Manor Park and Hempstead Fields Surgery Car Service**

Telephone: 01825 578006

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

### **Services**

The organisation offer a Surgery Car Service for residents of Manor Park and Hempstead Fields Uckfield. Run by volunteers the service helps people that have difficulty getting to the Meads and Bird In Eye surgeries. The service operates Monday to Friday (9.30am to 4.30pm.) To book to use the service you will need to telephone on either a Monday, Wednesday or Friday (9am -10.30am or 4pm - 5.30pm).

---

## **Travel Log Lewes**

Email: [travelman@travelloglewes.co.uk](mailto:travelman@travelloglewes.co.uk)

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

### **Services**

Travel Log Lewes encourage people in Lewes to use public transport and walk and cycle more often. The site contains information about walks and cycle rides, bus and train routes and the cheapest fares.

### **Details**

You can subscribe to the websites monthly newsletter to keep yourself up to date and informed.

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## **Adur District Council**

Telephone: 01273 452939

Dial a Ride: 01273 440480

[www.adur.gov.uk](http://www.adur.gov.uk)

### **Services**

See Community transport links Transport schemes Concessions etc.

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## **Compass Bus Service**

Telephone: 01903 690025

### **Details**

Cheaper travel for young people local bus services day trips and mini breaks.

.....

## **Arun District Council Community Shopping Service**

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Offers shopping trips to Sainsbury's at Rustington on Mon, Tues, Wed and Thursday. Will collect you and return you to your home in a mini-bus. Cost is £2-50 (two pounds fifty August 2010).

### **Details**

Run by Arun Co-ordinated community transport.

.....

## **WRVS Car scheme (Adur Arun and Worthing)**

Telephone: 01903 851558

[www.wrvs.org.uk](http://www.wrvs.org.uk)

### **Services**

Help for all people with disabilities (door to door) with adapted vehicles.

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## **Holidays (Breaks) MIND**

Info line 0845 766 0163

### **Services**

List of suggested hotels/group holidays and retreats. Advice on costs etc.

.....

## **Holidays (Breaks) MIND**

Info line: 0845 766 0163

### **Services**

List of suggested hotels/group holidays and retreats. Advice on costs etc.

.....

# Community involvement



# Community and involvement

## **Brighton Lesbian and Gay Switch Board**

6 Bartholomews, Brighton BN1 1HG

Helpline: 01273 204050

Counselling: 01273 202384

[www.switchboard.org.uk/brighton](http://www.switchboard.org.uk/brighton)

### **Services**

Helpline for LGBC.

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## **The Brighton & Hove LINK (Local Involvement Network)**

Tel: 01273 810 235

[www.bhlink.org](http://www.bhlink.org)

### **Services**

Independent health and adult social care watchdog for Brighton and Hove. The LINK is a network of people, groups and organisations. Obtain views via internet, small meetings and events. There are opportunities for individuals to work on a specific issue or join an action group.

### **Details**

You can sign up to Brighton and Hove LINK via their website: They also have a facebook page Volunteering roles are advertised on their website.

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## **Local Community Associations**

Large list of community associations and community centres listed on the following website:  
[Community and Living](#).

Many areas of Brighton and Hove have small community associations with the aim for residents to develop their local area.

Examples include: Hanover Community Association, Friends of William Clarke Park, North Laine Community Association, St James Area Action Group (They have a Facebook page).

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## **Cowley Club**

12 London Road, Brighton BN1 4JA

Telephone: 01273 696104

[www.cowleyclub.org.uk](http://www.cowleyclub.org.uk)

### **Services**

- The Cowley Club is a social centre.
- Library.
- Cafe & bookshop during the day.
- Members bar in evening.

### **Details**

The club is collectively owned and run as a base for those involved in grassroots social change and those sympathetic to such activities. It is run entirely by volunteers.

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# Community and involvement

## **Gumtree Brighton Community pages**

[www.brighton.gumtree.com/brighton/community](http://www.brighton.gumtree.com/brighton/community)

### **Services**

The Gumtree website hosts adverts for community activities and groups. Provides information on local groups, classes and events.

.....

## **Lesbian, Gay, Bisexual and Transgender community groups and services**

[www.gay.brighton.co.uk](http://www.gay.brighton.co.uk)

List under the "links" and "services" sections of Gay Brighton & Hove website.

### **Services**

See individual community groups.

.....

## **Partnership Community Safety Team**

Telephone: 01273 291099

### **Services**

Support in dealing with crime and community safety issues. Staff working in the areas of racial harassment, LGBT hate crime, disability hate crime, domestic violence and anti-social behaviour.

### **Details**

Where appropriate, will also signpost and refer to other services.

.....

## **Police Community Support Officers**

[www.sussex.police.uk/work-with-us/pcsos](http://www.sussex.police.uk/work-with-us/pcsos)

### **Services**

Support police officers within a targeted patrol area to provide a visible and accessible uniformed presence. Work with partners and community organisations to address anti-social behaviour, the fear of crime, environmental issues and other factors which affect the quality of peoples lives, provide crime prevention advice, and visit victims of crime.

.....

## **Pride Brighton & Hove**

Telephone: 01273 775939

### **Services**

Pride in Brighton & Hove promotes equality and diversity, and advances education to eliminate discrimination against the Lesbian, Gay, Bisexual and Trans (LGBT) community. It raises awareness of issues by promoting and staging a series of events including Winter Pride and the annual summer festival and making grants and/or support to other charitable and voluntary organisations.

### **Details**

There are many ways to get involved with Pride, if you can't find what you are looking for or have an idea you'd like to discuss please contact the Pride office on 01272 775939.

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# Community and involvement

## **Womens Aid**

Telephone: 0808 2000 247

### **Services**

- 24 hour help line.
  - Support with domestic violence.
  - BME Support and advice.
  - Eastern European advice centre.
- .....

## **Xchange (Brighton & Hove's Citizen's Panel)**

Telephone: 01273 291088

Email: [consultation@brighton-hove.gov.uk](mailto:consultation@brighton-hove.gov.uk)

For Website click onto: Xchange

### **Services**

Citizens' Panels used to consult with the public on a range of local issues via online or postal questionnaires. There is also the opportunity to take part in discussion groups, telephone surveys or other events. It is run by the council, Brighton & Hove Primary Care Trust (the local health service), Sussex Police and the Sussex Police Authority.

### **Details**

To become a member of the Citizens' Panel telephone or email.

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## **Black and Minority Ethnic Community Groups and Services**

(as listed on the Mind Directory)

[www.mindcharity.co.uk/directory.asp](http://www.mindcharity.co.uk/directory.asp)

### **Services**

There are a wide range of BME community groups and services in Brighton and Hove. See info re. individual groups for services.

.....

## **Community Allotments in Brighton & Hove**

Telephone: 01273 290000

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

There are several community food projects in the city with regular work and open days.

### **Details**

Available from Brighton & Hove Council.

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# Community and involvement

## **Lifelines**

2A Port Hall Road, Brighton BN1 5PD

Contact: Janette Palfrey or Gwyneth Chanlewis

Telephone: 01273 765271

Email: [lifelines@ageconcern-bhp.org.uk](mailto:lifelines@ageconcern-bhp.org.uk)

## **Services**

Lifelines provides volunteering opportunities for people aged over 50. Volunteers lead or support projects which improve the health and well-being of older people.

## **Details**

Run by Age Concern.

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## **Migrant English Project**

Cowley Club, 12 London Road, Brighton BN1 4JA

Telephone: 01273 696104

[www.mepbrighton.com](http://www.mepbrighton.com)

## **Services**

- Free and informal English lessons for refugees, asylum-seekers and migrants.
- Welcoming, friendly and safe space where people can meet others and receive support.
- Support, basic advice, referrals and signposting when needed.
- Free lunch & refreshments during the project.

## **Details**

- Open for drop in.
  - Opening Hours: Mondays 1.00pm-4.00pm.
- .....

## **Online Support Groups**

[www.patient.co.uk/selfhelp](http://www.patient.co.uk/selfhelp)

## **Services**

A range of online communities for people experiencing mental health issues provide peer support and guidance.

## **Details**

The weblink link has details of over 1800 UK patient support organisations, self help groups, health and disease information providers, etc. Each entry is cross referenced and details are checked annually.

.....

## **Time to Change**

Telephone: 020 8215 2357

Email: [info@time-to-change.org.uk](mailto:info@time-to-change.org.uk)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

## **Services**

Campaign to end mental health discrimination. They welcome people to get involved in this campaign.

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# Community and involvement

## **Sussex Partnership Foundation NHS Trust Membership**

Membership Office Telephone: 0800 0153357

Email: [ft@sussexpartnership.nhs.uk](mailto:ft@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk/public/involved](http://www.sussexpartnership.nhs.uk/public/involved)

### **Services**

As a member of Sussex Partnership you can support your local mental health, learning disability and substance misuse services. You can comment on the Trust's ideas, help develop services and join the campaign to end discrimination.

### **Details**

As an NHS Foundation Trust Sussex Partnership is accountable to local people through our members and Council of Governors.

.....

## **Sussex Partnership Foundation NHS Trust– Mental Health Services**

[www.sussexpartnership.nhs.uk/public/involved](http://www.sussexpartnership.nhs.uk/public/involved)

### **Services**

Mental health services support people who are experiencing barriers to community participation due to mental health difficulties. Support, Time and Recovery (STR) Workers work with people to who wish to become more involved in their community.

### **Details**

Referral is required to access these services. Contact your GP.

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## **User Employment Service (Southdown / Sussex Partnership)**

Telephone: 01273 898780

Email: [m.dominy@southdownhousing.org](mailto:m.dominy@southdownhousing.org)

### **Services**

A free service for adults with mental health needs who live in Brighton & Hove and wish to work for Sussex Partnership NHS. Support finding employment, throughout the recruitment process and to sustain employment.

### **Details**

Can self refer.

.....

## **Arun District Council**

Civic Centre, Maltravers Rd, Littlehampton

Telephone: 01903 737500

Email: [info@arun.gov.uk](mailto:info@arun.gov.uk)

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Range of services listed under Living Working Enjoying.

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# Community and involvement

## **Mid Sussex District Council**

Oaklands Road, Haywards Heath  
General Enquiries: 01444 458166  
[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

See community and living section on the web site.

### **Details**

Range of community initiatives and links to community engagement/events etc.

.....

## **West Sussex Library Services**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

Excellent database for clubs and groups in each area Link to village web sites with local groups /events.

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## **Chichester District Council**

East Pallant House, East Pallant, Chichester  
Telephone: 01243 785339  
Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)  
[www.chichester.gov.uk](http://www.chichester.gov.uk)

### **Services**

See community living and environment and democracy sections A-Z of services.

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## **West Sussex County Council**

General Enquiries: 01243 777100  
24 Hour Info: 0845 7581232  
[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Social Care A-Z of services etc Housing Children and family services Environment services Consumer advice.

.....

## **Womens Aid**

Telephone: 0808 2000 247

### **Services**

- 24 hour help line Support with domestic violence.
  - BME Support and advice.
  - Eastern European advice centre.
- .....

# Community and involvement

## **Chichester CAB**

Telephone: 08477 010101

Email: [contact@chichestercab.org](mailto:contact@chichestercab.org)

### **Services**

Signposting to range of local support agencies.

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## **Gypsy and Traveller Information/Advice**

West Sussex County Council

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and Traveller sites and traveller education support service (TESS).

### **Details**

Gypsy and Traveller strategy 2006 available:

- Definitions.
  - Existing sites/ new sites planned.
- 

## **Bersted Green Learning Centre**

Hazel Road

Telephone Gex Watson: 01243 860034

### **Services**

Exercise class designed especially for older people who suffer from mobility or health problems.

### **Details**

- Friday mornings 10.30 till 11.30.
  - Relaxed friendly and fun.
  - £2.00 per session.
- 

## **MIND**

Chichester Area Forum House Business Centre, Stirling Road, Chichester

Telephone: 01243 787878

Email: [tonihaynes@chichestermind@f2s.com](mailto:tonihaynes@chichestermind@f2s.com)

### **Details**

Information and support Work skill preparation Links to SDRO project Self referral or via health professional.

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# Community and involvement

## **Meadview Community Farm**

The Ark, 1 New Road, Littlehampton BN17 5AX

Telephone: 01903 725507

Email: kevin.homelink@btconnect.com

### **Services**

Current courses – horticulture, catering, transport activities, half day £25.00, full day £45.00 or full week £200 lunch included.

### **Details**

Community farm, with a cafe, lake and horticulture. Working toward a working enterprise working with all people across the community.

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## **Day Services for People with a Learning Disability**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

List of all services in West Sussex with links.

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## **Expanding Communities Project**

Dove Lodge, 49 Beach Road, Littlehampton

Telephone: 01903 726229

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Offering support to migrant workers. Support people with language difficulties to access services.

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## **Conservation Volunteers**

Telephone Michael Rowland: 01903 737922

### **Details**

Run through Arun DC Parks & Green space service. Carry out physical tasks such as tree hedge pruning/ planting, pond management, removal of bramble and creation of wildflower area. All tools are provided.

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## **MIND**

Chichester Area Forum House Business Centre, Stirling Road, Chichester

Telephone: 01243 787878

Email: tonihaynes@chichestermindf2s.com

### **Services**

- Day Services.
  - Support Groups.
- .....



# Community and involvement

## **Voice Meetings**

Telephone Deena Stockdale: 07979 241876

## **Services**

Self help advocacy group.

## **Details**

Meet first Thursday in the month.

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## **Selsey 'Drop In'**

Selsey Centre PO20 0SE

Telephone Paul Furlinger: 01243 606403

Email: plfrr@aol.com

## **Services**

This is a friendly social group in relaxed surroundings where you can have a cuppa and cake for only £1 (to cover the cost of hiring hall) and where you can meet new friends and chill out. The Selsey 'drop in' is for anyone with depression, anxiety or other mental health issues.

## **Details**

The drop in take place once a month on a Friday.

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## **Self Unlimited**

Eastergate Lane, Walberton, West Sussex BN18 OAE

Telephone: 01243 542714

## **Services**

Activity day service for people with mental health and learning disability needs. Activities include horticulture, woodcraft, IT.

## **Details**

Cost £38.00 per day included hot drinks but not lunch hours 9.30am – 4.30pm.

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## **Midhurst Saturday Dementia Day Care Service (Rogate Village Hall)**

Dementia Resource Library, Chichester Area Mind, Forum House, Stirling Road, Chichester PO19 7DN

Telephone: 01243 787878

Email: dementiarl@chichestermind.f2s.com

## **Services**

The Dementia Resources Library consists of a collection of book and DVDs on various aspects of Dementia.

## **Details**

Membership of the Dementia Resources Library is FREE for more information on becoming a member and using the services contact 01243 787878.

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# Community and involvement

## **Asperger Support Group**

Autism Sussex

Telephone: 01424 773366

### **Services**

Group to encourage people with autism to meet other people in a safe environment Funded by Autism grant.

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## **Citizens Advice Bureau (CAB)**

Telephone: 0844 477 1171

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Services**

Free confidential impartial and independent advice for problems with debts, benefits, employment, housing, discrimination, and many more issues. The web page offers a search for your local CAB.

### **Details**

Advice can be face-to-face or over the phone, and some services can operate home calls and email advice.

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## **Surestart Childrens Centres**

Telephone Shiela Cullen, Manager: 01403 320346

[www.direct.gov.uk](http://www.direct.gov.uk)

### **Services**

- 7 Centres around Crawley & West Sussex.
- Range of support for children under 5 and their families.

### **Details**

Most groups and sessions are FREE although some may carry a small charge or request a contribution.

.....

## **West Sussex Conty Council**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Local societies and clubs.

### **Details**

- Excellent database for clubs and groups in each area.
  - Link to village web sites with local groups /events.
- .....

## **Mid Sussex District Council (MSDC)**

General Enquiries: 01444 458 166

Email: [communityservices@midsussex.gov.uk](mailto:communityservices@midsussex.gov.uk)

### **Details**

On mid Sussex district council site click on community and living.

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# Community and involvement

## **NAVCA**

[www.navca.org.uk](http://www.navca.org.uk)

### **Services**

The national voice of local support and development organisations in England. It supports local charities, voluntary organisations and community groups by providing specialist expertise, networking, information and skill development.

### **Details**

Enquiry services; ICT Support; Learning; Networking; Peninsula Performance standards; and NAVCA quality award; Chair and trustee support; Chief officer and senior manager support; Organisational development support; for members, Trainers and consultants direct.

.....

## **Salvation Army**

Telephone: 01444 242811

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

### **Services**

Community services; Children; families; adults; Detox/addiction; Elderly care; Homelessness; Lifelong learning; Pastoral care.

.....

## **West Sussex Library Service**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Library services: Help and tuition for accessing information, e.g. bus timetable, location of library books, coffee groups.

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## **Mid Sussex District Council**

[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

Links to local community and living; district council and democracy; local agendas; local planning; jobs; leisure; transport etc.

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## **West Sussex Adult Education**

[www.westsussex.gov.uk/adulteducation](http://www.westsussex.gov.uk/adulteducation)

### **Services**

A range of courses in community settings including libraries and schools.

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# Community and involvement

## **Crawley Borough Council**

[www.crawley.gov.uk](http://www.crawley.gov.uk)

### **Services**

List of local groups and support networks across all neighbourhoods in the area.

### **Details**

Search community and neighbourhoods in the community directory for more information.

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## **Sussex Oakleaf – Sunny Corner Community Cafe**

The Yews 55 Boltro Road, Haywards Heath RH16 1BJ

Telephone: 01444 416391

Email: [info@sussexoakleaf.org.uk](mailto:info@sussexoakleaf.org.uk)

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

### **Services**

A community cafe open to all situated in a central location in East Grinstead.

### **Details**

Open 4.00pm to 7.00pm on Wednesdays and Fridays at Glen Vue Centre, Railway Approach, East Grinstead. Providing low cost meals in a friendly and social environment. Meals are £3.00 and snacks start at £1.25.

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## **Gypsy and Traveller Information/Advice**

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and traveller sites and traveller education support service (TESS).

### **Details**

Gypsy and traveller strategy 2006 available:

- Definitions.
  - Existing sites/new sites planned.
- .....

## **Circles Network**

Telephone Angela Butcher: 01444 236 593

Email: [angela.butcher@circlesnetwork.org.uk](mailto:angela.butcher@circlesnetwork.org.uk)

[www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

### **Services**

A UK wide voluntary organisation to help people who are, or are at risk of isolation.

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# Community and involvement

## **East Grinstead Mental Health**

Telephone: 01444 45917

Email: [info@sussexoakleaf.org.uk](mailto:info@sussexoakleaf.org.uk)

### **Services**

- Service user group.
- Meet once a month.
- Support people to boost their confidence.
- Sunny corner Cafe.

### **Details**

Discussion & Action group.

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## **United Response Day Services – South East Division**

Telephone Chris Browne: 01372 230038

Email: [chris.browne@unitedresponse.org.uk](mailto:chris.browne@unitedresponse.org.uk)

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

### **Services**

National charity supporting people with learning difficulties, mental health problems, or physical disabilities.

.....

## **Stepping Stones Support Groups**

Telephone: 01293 534782

### **Services**

Various groups with support groups, informal drop-ins and workshops.

.....

## **Mid Sussex Time Bank**

Circles Network, Suite A KBF House, 55 Victoria Road, Burgess Hill, West Sussex RH15 9LH

### **Services**

Share skills and gain time credits that can be used in exchange for skills of others. Units of one hour (credit) managed by Angela (coordinator) Examples include Pet care, shopping, car washing, computer skills, gardening, ironing, sports coaching, teaching music.

### **Details**

You can exchange your time credits when you see a service or you can give them to a member of your family.

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# Community and involvement

## **Mid Sussex Time Bank Circular**

Telephone: 01444 236593

Email: [timebanking@circlesnetwork.org.uk](mailto:timebanking@circlesnetwork.org.uk)

### **Services**

Share skills and gain time credits that can be used in exchange for skills of others. Units of one hour (credit) managed by Angela - coordinator. Examples include petcare, shopping, car washing, computers, gardening, ironing, sports coaching.

### **Details**

You can exchange your time credits when you see a service or you can give them to a member of your family.

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## **Assist Group**

National Autistic Society

Telephone: 01483 869553

### **Services**

Group to encourage people with autism to meet other people in a safe environment.

### **Details**

Funded by Autism grant.

.....

## **Southdown Housing Autism Drop In**

Telephone: 01403 210812

Email [network@southdownhousing.org](mailto:network@southdownhousing.org)

### **Services**

An environment that people with higher functioning Autism are able to engage with easily. The drop in environment will act as a hub through which other projects and organisations are able to provide services and activities.

### **Details**

Funded by Autism grant.

.....

## **Cafe Corner (Circles Network SPFT)**

The Old Post Office Resource Centre, 30 - 32 Station Road, Burgess Hill

Telephone Angela Butcher: 01444 236593

### **Services**

A place for people with profound learning difficulties their carers and families.

### **Details**

Tuesdays until 22.11.11 10.30 - 12.00.

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# Community and involvement

## **Ascot Care Day Club**

Salvation Army Community Hall, Booth Way, Horsham

Telephone: 01403 268260

[www.ascotcare.com](http://www.ascotcare.com)

### **Services**

For persons who have many problems/early dementia. For those who need to break the isolation of the week. Meal provided, Music, dance, exercising.

### **Details**

Monday 10.00am – 4.00pm Wednesday & Friday, 'shine a light on life'.

.....

## **Marsham Older People's Project (MOPP)**

Fairlight Village Hall

Telephone Jim Saphin, Vice Chairman: 07905 981036

### **Services**

Covering the areas of Fairlight, Pett Level & Three Oaks the Social Group includes:

- Lunch.
- Information and Advice on Health.
- Podiatry.
- Other health services.
- Meet new friends.
- Social activities.

### **Details**

The group offer transport to and from the venue. Contact them directly for further information regarding availability.

.....

## **Senior Citizens Club: Bexhill**

Telephone Mrs. Shirley Rolt, Chairman: 01424 846105

Email: [bexhillseniors@yahoo.com](mailto:bexhillseniors@yahoo.com)

[www.bexhill-seniors-club.co.uk](http://www.bexhill-seniors-club.co.uk)

### **Services**

A club for the over 55's with varied daily activities. The club is open from 9am to 5pm. They have coffees and teas available from 10am to 11.15am and light lunches from noon.

### **Details**

Membership fees do apply. Contact the group directly for further details.

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# Community and involvement

## **Senior Citizens Social Club**

Telephone Rose Newsom, Chair: 01323 485972

[www.polegatecommunityassociation.org.uk](http://www.polegatecommunityassociation.org.uk)

### **Services**

The club has been part of the community centre for many years, and has provided a special meeting place for older members of the community to enjoy one another's company. They meet every Monday afternoon 2.00pm to 4.00pm. There is always a cup of tea and a chance for a little chat. This is followed by:

- Games of cards.
  - Scrabble.
  - Dominoes.
  - Quiz.
- 

## **AirS – Action in Rural Sussex**

Sussex House, 212 High Street, Lewes, East Sussex BN7 2NH

[www.ruralsussex.org.uk](http://www.ruralsussex.org.uk)

### **Services**

A campaign group for a living, working Sussex countryside. They promote:

- The interests of rural communities.
- Provide practical support to young people, families, older people and others.
- Work with community groups to help them manage change and achieve their aspirations.

### **Details**

Among the organisations aims are to deliver:

- Affordable rural housing.
  - Community-led planning.
  - Community resilience planning.
  - Family outreach (COPEs).
  - Food and local produce.
  - Village care and village halls.
  - Young people's services.
- 

## **Thursday Club over 60's**

Forest Row Parish Council and Community Centre (FRPC)

Telephone Carolyn Coomber: 01342 822661

Email: [info@forestrow.gov.uk](mailto:info@forestrow.gov.uk)

### **Services**

A Social Club held twice a month for over 60's.

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# Community and involvement

## **Downs 60+ Club**

Downs Leisure Centre  
Telephone: 01323 896422

### **Services**

The Downs 60 Plus Club have premises that are within the grounds of the Downs Leisure Centre facility at Sutton Corner, Seaford. It is run by its members for its members and it has strong links with Age Concern (Seaford) who assist in many ways. The purpose of the Club is to provide facilities for those over 60 years to come together and enjoy the range of interests.

### **Details**

Contact the group directly for further details.

.....

## **Dementia Supper Clubs – Run Throughout East Sussex**

Telephone Lynn Leeves or Wendy Morley: 07818 587489 / 07833 435141

### **Services**

The organisation run Dementia Supper Clubs as part of the Carers Breaks Dementia Engagement Service. These are held at:

- Heathfield: The Catts Inn
- Lewes: The Dorset
- Polegate: Polegate Café, High Street, Polegate
- Seaford:
- Uckfield:

### **Details**

A charge does apply for the meals. Contact the organisation directly for details of forthcoming suppers.

.....

## **East Sussex Association of Blind and Partially Sighted People: Social Meetings**

Telephone: 01323 832252  
Email: [info@eastsussexblind.org](mailto:info@eastsussexblind.org)  
[www.eastsussexblind.org](http://www.eastsussexblind.org)

### **Services**

East Sussex Association of Blind and Partially Sighted People is an independent Charity and is a member of the East Sussex Vision Care partnership delivering a comprehensive cross county service. It offers Social Meetings and Exercise Groups.

### **Details**

Contact the organisation directly for details regarding meeting dates, times and costs. Available in: Crowborough, Herstmonceux, Lewes, Newhaven, Peacehaven, Polegate, Seaford and Uckfield.

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# Community and involvement

## **ESDA: Eastbourne Club**

Telephone: 01323 514500

Email: [info@esda.org.uk](mailto:info@esda.org.uk)

[www.esda.org.uk](http://www.esda.org.uk)

### **Services**

The activities range from lunches, visits to places of interest, a ride around the countryside and just getting together for some good companionship.

### **Details**

Contact the organisation directly for details of the next meetings, locations and times.

.....

## **U3A: Eastbourne**

Church Hall, St Saviour's Church, South Street, Eastbourne

Telephone: 01323 647329

[www.u3asitec.org.uk](http://www.u3asitec.org.uk)

### **Services**

The group are part of the 3VA organisation. They meet at the Church Hall, St Saviour's Church, South Street, Eastbourne. There is a ramp for disabled access and a hearing loop. The groups activities include a Study Group which meets regularly in members homes to offer shared learning experinces in a wide range of interest groups and activities.

.....

## **Age Concern: Crowborough**

Telephone Cindy Hamilton: 01892 652194

### **Services**

The group runs a lunch club once weekly on Wednesdays. It welcomes new members.

### **Details**

There is a fee for the cost of the meal.

.....

## **Shoreham Library**

St Marys Road, Shoreham BN43 5ZA

Telephone Louise Withington: 01273 454438

Email: [louise.withington@westsussex.gov.uk](mailto:louise.withington@westsussex.gov.uk)

### **Services**

Books on prescription. Headroom (BBC campaign on mental wellbeing) Information on health, exercise, healthy eating, cooking, local dentists, doctors.

.....

# Community and involvement

## **Citizens Advice Bureau**

Worthing: 11 North Street

Shoreham: Pond Road, Lancing: Parish Hall 96 South Street

Littlehampton: 14 - 16 Anchor Springs

Telephone Advice: 08444 771 171

Ring for an advisor or leave a message and will then be called back.

### **Details**

Many bureaux now have a short introductory interview to help decide how you can be best advised. You may then be asked to make an appointment.

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## **Worthing Citizens Advice Bureau**

11 North street Worthing

Telephone: 08447 010101

Email: [contact@worthingcab.org](mailto:contact@worthingcab.org)

[www.worthing.gov.uk](http://www.worthing.gov.uk)

### **Details**

Signposting to range of local support agencies. Search for Citizens Advice Bureau on the Borough council website.

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## **Worthing Council for Voluntary Service (WCVS)**

Colonade House, Warwick St, Worthing

Telephone: 01903 28620

Adur CVS: 6 Tarmount Lane, Shoreham By Sea Telephone: 01273 441662

Arun CVS: The Bardbury Centre, 1-5 St Martins Lane, Littlehampton Telephone: 01903 731223

[www.worthingvs.org.uk](http://www.worthingvs.org.uk)

### **Details**

Neighbourhood alliances (older peoples groups) community transport Worthing volunteer centre events listed.

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## **Worthing Borough Council Town Hall**

Chapel Street, Worthing

Telephone: 01903 239999

[www.worthing.gov.uk](http://www.worthing.gov.uk)

### **Services**

Community safety advice, CAB, Social services community planning.

### **Details**

Comprehensive A-Z directory of services provided e.g. community safety team, neighbourhood disputes, mediation service, grants.

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# Community and involvement

## **Littlehampton Children's Centre**

The Wickbourne Centre, Clun Road, Littlehampton

Telephone: 01903 736626

### **Details**

Provides a range of health and family support services. Supports Portugese community Internet cafe.

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## **Adur and Worthing Befriending Service**

6-8 Marine Place, Worthing

Telephone Rachel Dungay: 01903 600800

[www.acwestsussex.org](http://www.acwestsussex.org)

Age Concern service for people over 65 with help to access services.

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## **Women's Aid**

Telephone: 0808 2000 247

### **Details**

- 24 hour help line Support with domestic violence.
  - BME Support and advice.
  - Eastern European advice centre.
- .....

## **Sure Start Children's Centres**

Telephone: 0870 0002288

[www.direct.gov.uk](http://www.direct.gov.uk) – Search for Sure Start

### **Services**

Child & Family Health Services e.g health visitors, breast feeding support, child care advice and provision and parenting advice.

### **Details**

Range of support for children under 5 and their families. Children's centres bring all different support agencies together to offer a range of services for children's needs.

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## **West Sussex Library Services**

Worthing Library Telephone: 01903 704809

Arundel Library Telephone: 01903 883188

Shoreham Library Telephone: 01273 454438

[www.westsussex.gov.uk/leisure/libraries](http://www.westsussex.gov.uk/leisure/libraries)

### **Services**

Information, Books, media, newspapers and magazines, electronic library catalogue, photocopying, faxes, microprints, internet access, general notice board, enquiries, housebound service.

### **Details**

Open Monday - Friday 9.00am - 7.00pm.

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# Community and involvement

## **Durrington Community Centre Worthing**

Telephone: 01903 268287

### **Services**

Range of art/craft/music clubs/groups and drop in coffee shop.

### **Details**

Site is in building next door to new Tesco store.

.....

## **Heene Road Community Centre**

Telephone: 01903 209997

### **Services**

Range of art/craft/music clubs/groups.

### **Details**

Friday morning drop in coffee morning. View activities on offer. Most activities low cost.

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## **Beatbox Leisure**

52 Nelson Road, Goring-by-sea BN12 6EN

Telephone: 7561065089

Email: [beatboxleisure@sky.com](mailto:beatboxleisure@sky.com)

Facebook: Malcom Beatbox

### **Services**

Charity for people with learning disabilities aimed at providing social opportunities and new experiences. Run by people with and without learning disabilities.

Holiday club scheme travelling abroad and in the UK.

### **Details**

Transport needed to get to events. Open to people with learning difficulties of all ages.

Attendees must bring an emergency contact number with them as well as important information about themselves and £2 entrance fee.

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## **Age UK – Senior Monday Club**

Garden Room, Southwick Community Centre, 24 Southwick Street, West Sussex BN42 4TE

Telephone Peter Hornsby (Community Activity Manager): 01903 854996

Email: [peter.hornsby@ageukwestsussex.org.uk](mailto:peter.hornsby@ageukwestsussex.org.uk)

### **Services**

Activities include gentle exercise, handicrafts and board games. Social care and support workshop from a trained social worker and carers support information. Minibus transport can be provided. Refreshments included.

### **Details**

- Over 50.
  - Mondays, 10.00am - 12.30pm.
  - Annual membership £10.
  - £1.50 admission charge
- .....

# Community and involvement

## **Gypsy and Traveller Information/Advice**

West Sussex County Council

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and Traveller sites and traveller education support service (TESS).

### **Details**

Gypsy and Traveller strategy 2006 available.

- Definitions.
  - Existing sites/new sites planned.
- .....

## **Worthing Dads**

Footprints Children and Family Centre, South Lodge, 40 Crescent Road BN11 1RQ

Telephone: 0845 3887874

Email: [Info@worthingdads.co.uk](mailto:Info@worthingdads.co.uk)

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

### **Services**

A free network for stay at home and working dads of children under 5 in Worthing. Groups and sessions organised in the local area. Useful resources/links/free events. Twitter and Facebook pages.

### **Details**

Can chat to other dads while children use playgroup facilities. Day trips, walks and sporting event.

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## **BME Community Services**

1st Floor, Gordon House, 34 Railway Approach, Worthing BN11 1UR

Telephone Amina Chitembo, Chief Executive Officer: 01903 211033

Fax: 01903 217812

Mobile: 07501 721183

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## **Contact the Elderly**

Worthing/Lancing /Shoreham

Telephone Julia Rivas: 01273 402569

Email: [julia.rivas@contact-the-elderly.org.uk](mailto:julia.rivas@contact-the-elderly.org.uk)

[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

### **Services**

Tea and friendship group for older people. Contact the Elderly offers a simple act of friendship by taking a group of 8-10 older people out for tea to a hostess' home on one Sunday afternoon a month. Each person is collected from their home by a volunteer driver.

### **Details**

- Over 75.
  - One Sunday afternoon a month.
  - Free.
- .....

# Community and involvement

## **Rustington Old Age Pensioners' Club**

WRVS Centre, Somerfield Car Park, Rustington BN16 2NW

Telephone Mr Jackson: 01903 775099

### **Services**

Social club for older people. Offers friendship, a chance to chat, play bingo and have a game of cards.

### **Details**

- Over 60.
  - Friday 2.00 – 4.00pm weekly.
  - 80p including tea and raffle.
- .....

## **Tuesday Luncheon Club**

Findon Valley

Telephone Jill Ferreira: 01903 873790

Email: office@fvfc.org.uk

[www.fvfc.org.uk](http://www.fvfc.org.uk)

### **Services**

Caters for older people who would like friendship and fellowship. Meets weekly in the Findon Valley Free Church Hall. There is a small charge for a 3 course lunch.

### **Details**

- Findon Valley Free Church.
  - Tuesday, 12:45pm (except August)
- .....

## **Salvation Army Over 60s Club**

Welcome In, Worthing BN11 1RL

Email Mrs P Morely: [welcome\\_in@btconnect.com](mailto:welcome_in@btconnect.com)

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

### **Services**

- Social club at the Welcome In.
- Activities include guest speakers, entertainment groups and lunch outings.
- The venue has a restaurant where you can have tea or a meal prior to the meeting.

### **Details**

Thursday, 2.30pm - 3.30pm.

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## **Expanding Communities Project**

Dove Lodge, 49 Beach Road, Littlehampton

Telephone: 01903 726229

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Offering support to migrant workers. Support people with language difficulties to access services.

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# Community and involvement

## **Rivendell Resource Centre**

23 Maltravers Drive, Littlehampton

Telephone: 01903 721893

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

### **Details**

Rivendell seeks to offer an environment that recognises and values diversity, providing a friendly and relaxed environment where people can find opportunities for developing networks of social support through involvement and inclusion. We can provide information or support in accessing advice or help on a broad range of issues such as housing, benefits, employment, training and education through contact with other local national services.

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## **Meadview Community Farm**

The Ark, 1 New Road, Littlehampton BN17 5AX

Telephone: 01903 725507

Email: [kevin.homelink@btconnect.com](mailto:kevin.homelink@btconnect.com)

### **Services**

Current courses horticulture, catering, transport activities, half day £25.00, full day £45.00 or full week £200 lunch included.

### **Details**

Community farm, with a cafe, lake and horticulture. Working toward a working enterprise working with all people across the community.

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## **Disabled Go**

[www.disabledgo.com](http://www.disabledgo.com)

### **Services**

Provides free online disability access guides to over 380 venues listed in the Arun district.

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## **BME Community Services (BMECS)**

1st Floor, Gordon House, 34 Railway Approach, Worthing

Telephone Amina Chitembo: 01903 211033

Email: [info@bme-cs.org.uk](mailto:info@bme-cs.org.uk)

### **Details**

Address the gaps in ethnic minority groups across west Sussex. Drop in info, outreach, activities and local projects. Per education and life skills. Employment support. BAME networks Black information link.

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## **Day Services for People with a Learning Disability**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

List of all services in West Sussex with links.

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# Community and involvement

## **MIND Day Centre**

Rivendell (Littlehampton)

Telephone: 01903 721893

### **Details**

Range of 1:1 and group sessions referred by community mental health teams Sussex Partnership NHS Foundation Trust.

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## **Conservation Volunteers**

Telephone Paula Elliott: 01903 737929

### **Details**

Run through Arun DC Parks & Green space service. Carry out physical tasks such as tree hedge pruning/ planting, pond management, removal of bramble and creation of wildflower area. All tools are provided.

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## **Aspire**

1st Floor Intergen House 65 -67 Western Road Hove BN3 2JQ

Contact: Chris Girvan (Project Worker)

### **Services**

Aspire works with adults who have Asperger syndrome and other related high functioning autism conditions. Aspire provides one to one mentoring and social groups. Aspire is a needs led group.

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## **Action in Rural Sussex**

Sussex House, 212 High Street BN2 2NH

Sarah Day

[www.ruralsussex.org.uk](http://www.ruralsussex.org.uk)

### **Services**

Links local community partners to existing projects and new ones data base of what's on in rural West Sussex.

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## **Guildcare: Over 50s – activity and Friendship at Guildcare**

Telephone the Outreach Team: 01903 528627

[www.guildcare.org](http://www.guildcare.org)

### **Services**

Range of activities for older people in the community as well as daily ones at Methold House for older people and carers.

### **Details**

- Broadwater: Guildcare's Healthy Living Programme includes Tai Chi every Friday in the Parish room between 2pm-3pm. £3.
  - Durrington: On Thursday between 10.30 and noon a range of activities offered at Highdown Court, in partnership with Saxon Weald, include discussions, exercise, games, singing. £3.
  - Goring: Creative Dance sessions at the Lovett Centre in Maybridge Square every Tuesday from 10.30 to noon. £2. Singing for Pleasure: to register your interest, ring the Outreach team.
- .....

# Community and involvement

## **Stone Pillow Restore Project**

Unit K9, Rustington Industrial Estate, Artex Avenue Littlehampton BN16 3LN

Email: [restore@stonepillow.org.uk](mailto:restore@stonepillow.org.uk)

### **Services**

Advice and support to homeless or vulnerable individuals to make positive changes in their lives.

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## **Mid Sussex Time Bank**

Circular Network, Suite A, KBF House, 55 Victoria Rd, Burgess Hill, West Sussex RH15 9LH

### **Services**

- Share skills and gain time credits that can be used in exchange for skills of others.
- Units of one hour (credit) managed by Angela – co-ordinator.
- Examples include Pet Care, Shipping, car washing, computers, gardening, ironing, sports coaching.

### **Details**

You can exchange your time credits when you see a service or you can give them to a member of your family.

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## **Ferring Retirement Club**

Rifers Centre, Greystoke, Ferring, Worthing, West Sussex BN12 5JL

### **Services**

Day Centre for the over 55s who are not in employment. Activities include men and women's dance fit classes, bridge, gardening, choir, bingo, keep-fit, table tennis and bowls.

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## **Friday Welcome Morning**

St. Peters Church, Sompting

Telephone Rev. Erika Howard: 01903 234511

[www.somptingparish.org.uk](http://www.somptingparish.org.uk)

### **Services**

Social meeting and coffee morning. Tea, coffee and homemade cakes available.

### **Details**

Everyone is welcome, just drop in. Venue is wheelchair accessible.

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## **Volunteering in Sussex Partnership NHS Foundation Trust**

Telephone Rachael Kenny: 01273 778383 Extension: 2150

Email: [rachael.kenny@sussexpartnership.nhs.uk](mailto:rachael.kenny@sussexpartnership.nhs.uk)

### **Services**

A wide range of voluntary opportunities within Sussex Partnership NHS Foundation Trust.

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# Home and neighbourhood

## **Brighton Hove and District Leaseholders Association (BHDLA) Friends Meeting House**

Ship Street, Brighton, East Sussex

Telephone: 01273 705432

Email: [info@leaseadvice.org](mailto:info@leaseadvice.org)

[www.leaseadvice.org](http://www.leaseadvice.org)

### **Services**

Drop-in sessions are held at the Friends' Meeting House, Ship Street, Brighton, every Tuesday from 1.00 to 3.00 p.m. All leaseholders are welcome to consult our experienced advisers. We hold a further drop-in session on Thursday evenings, between 5.30 and 7.00 pm. A Solicitor will usually be on hand on the second and last Thursday of each month to provide additional advice.

### **Details**

Established to help all leaseholders with information, advice, guidance and support.

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## **Partnership Community Safety Team**

Telephone: 01273 291099

### **Services**

Support in dealing with crime and community safety issues. Staff working in the areas of racial harassment, LGBT hate crime, disability hate crime, domestic violence and anti-social behaviour.

### **Details**

Where appropriate, will also signpost and refer to other services.

.....

## **Police Community Support Officers**

[www.sussex.police.uk/work-with-us/pcsos](http://www.sussex.police.uk/work-with-us/pcsos)

### **Services**

Support police officers within a targeted patrol area to provide a visible and accessible uniformed presence. Work with partners and community organisations to address anti-social behaviour, the fear of crime, environmental issues and other factors which affect the quality of peoples lives, provide crime prevention advice, and visit victims of crime.

.....

## **Counsel & Care**

Free Advice Line: 0845 300 7585

[www.courselandcare.org.uk](http://www.courselandcare.org.uk)

### **Services**

Service for older people their families and carers. Handbook on care homes.

### **Details**

- Search advice and information – fact sheets.
  - Finding & paying for a care home.
  - What to look for, fees and guidance, mental health & capacity.
- .....

# Home and neighbourhood

## **Brighton & Hove City Council**

King's House, Grand Avenue, Hove BN3 2LS

Telephone: 01273 290000

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

Search A - Z for range of services including housing, jobs, libraries, travel & transport.

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## **Sussex Partnership NHS Foundation Trust Community Teams**

[www.sussexpartnership.nhs.uk/public/involved](http://www.sussexpartnership.nhs.uk/public/involved)

### **Services**

Foundation Trust Community Teams.

### **Details**

Referral from GP.

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## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

[www.chichester.gov.uk](http://www.chichester.gov.uk)

### **Services**

See housing section A-Z of services.

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## **Arun District Council**

Arun Civic Centre, Maltravers Roadm Littlehampton

Telephone: 01903 737500

Email: [info@arun.gov.uk](mailto:info@arun.gov.uk)

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Range of services listed under Living Working Enjoying.

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## **Arun Neighbourhood Network**

Telephone: 01903 719744 / 01903 731800

[www.arunnetwork.org.uk](http://www.arunnetwork.org.uk)

### **Services**

Provide community engagement workers who listen to concerns of older people and put them in touch with others. Aim to promote independence of older people countrywide.

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## **West Sussex Library Services**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Details**

Excellent database for clubs and groups in each area Link to village web sites with local groups /events.

.....

## **Sainsbury's Careline**

Telephone: 0845 301 2020

### **Services**

Adults/family Shopping support.

### **Details**

Home delivery services that doesn't require a computer or visit to the store. Phone the order line to place your requirements.

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## **Home Trust Loan**

Telephone: 02392 375921

Email: [mail@paritytrust.org.uk](mailto:mail@paritytrust.org.uk)

[www.hometrutloan.org.uk](http://www.hometrutloan.org.uk)

### **Services**

The Home Trust loan is designed for home owners whose properties need essential repairs, improvement or adaptation and who do not have the funds available to carry out the work.

Our service is dedicated to helping those who are finding it difficult to access financial assistance. The Home Trust loan scheme provides you with support and guidance throughout the loan process.

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## **Sussex Oakleaf Housing Association**

6-8 Marine Place, Worthing

Telephone: 01903 218188

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

### **Services**

Offers integrated supported housing, registered care homes, floating support and day services for people with Mental Health problems and other vulnerable people needing housing.

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## **Crossroads**

Telephone Tracey Hole: 01403 249090

### **Services**

Respite to all groups.

### **Details**

Respite care in own home or at rural social clubs.

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# Home and neighbourhood

## **Furnihelp**

Telephone: 01342 322355

Email: [admin@furnihelp.fsnet.co.uk](mailto:admin@furnihelp.fsnet.co.uk)

### **Services**

All on low incomes.

### **Details**

Collect unwanted furniture and redistribute to people who are being rehoused or on low income. Referrals taken from social services.

.....

## **Respect Helpline**

Telephone: 0845 122 8609

Queries: 0208563 8523

[ippo@respect.uk.net](mailto:ippo@respect.uk.net)

### **Services**

Domestic violence perpetrators Mon, Weds & Friday 10.00 - 12.00pm and 2.00 - 4.00pm Tuesdays 2.00 - 5.00.

### **Details**

Help line for domestic violence perpetrators Can also take calls from (ex) partners friends and relatives who are concerned about a perpetrator as well as frontline workers.

.....

## **The BV MacAndrew Trust**

c/o Spiro Williams Co, Planes House, 1 The Drive, Hove BN3 3JE

Telephone: 01273 736272

### **Services**

All in need.

### **Details**

One off grants to people in need who live in East and West Sussex. Application in writing from social workers.

.....

## **Stonham (Home)**

Telephone Chichester: 01243 538878

Telephone Bognor 01243 840933

### **Services**

Support division of Homegroup – affordable supported housing for single people with Mental Health problems. Links to local CMHT.

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## **Selborne Place (Supported Living Scheme)**

Area Office: The Studio, Fort Road Community Park, Fort Road, Wick, Littlehampton BN1 7HL

Telephone Selborne Place: 01903 725912

United Response Area Office: 01903 732736

Chris Cage Service Manager, Cathy Turner Area Manager

### **Services**

Supported Living Scheme. Accommodation based 24 hour support in Littlehampton. Shared house for six people. For people with learning disabilities with mental health problems. Not age specific but generally provides support for younger age range 18 years - 45 years.

### **Details**

24 hour support with a sleep in member of staff. Packages flexible depending on need but support needs should be at a level of at least 30 hours. Cost £14.50 per hour.

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## **Spring Plat and the Pastures**

The Studio, Fort Road Community Park, Fort Road, Wick, Littlehampton BN1 7HL

Crawley Office Telephone: 01293 519931

United Response Area Office: 01903 732736

Mary Yeomans Service Manager, Cathy Turner Area Manager

### **Services**

Supported Living Scheme in Crawley. Accommodation based 24 hour support. Two shared house for four people. For adults with learning disabilities. Provides support to people with associated mental health needs.

### **Details**

24 hour support with a sleep in member of staff. Packages flexible depending on need but support needs should be at a level of a least 30 hours. Cost: £14.50 per hour.

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## **Mid Sussex District Council**

Telephone: 01444 458166

[www.midsussex.gov.uk](http://www.midsussex.gov.uk)

### **Services**

Housing, environment and community links. Fire Prevention, Victim Support, Police.

### **Details**

Excellent link? Community and living section re young people services, connections for older people, safety and grants.

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## **Homemove**

Telephone: 0845 6887717

[www.homemove.org.uk](http://www.homemove.org.uk)

### **Services**

Choice based lettings. Gives choice where you want to live and properties available.



# Home and neighbourhood

## **Details (Homemove)**

Introduces new way of letting housing association homes across the district.

- People must be registered on housing register for their area.
  - Clients bid for the properties they like via website.
  - Provided by Downland Housing Association and Mid Sussex District council.
- .....

## **The Life Centre**

Telephone: 01243 786349

Out-of-hours helpline: 0844 8477879

Adult line: 0844 847 7879

Child line: 0808 80 20 802

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

## **Services**

Offers a help line, face to face counselling and an education program for clients who have experienced any form of sexual violation.

## **Details**

They accept referrals from GPs or direct self referral.

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## **Horsham District Council**

Telephone: 01403 215100

[www.horsham.gov.uk](http://www.horsham.gov.uk)

## **Services**

Housing/environment etc.

## **Details**

Search housing on website for housing register and housing options, community link alarm systems.

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## **National Probation Service**

**Telephone** Eve Muir Employment, Education and Training Manager: 01903 216321

Email: [eve.muir@sussex.probation.gsi.gov.uk](mailto:eve.muir@sussex.probation.gsi.gov.uk)

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

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## **Community Fire Link**

Telephone: 01243 752451

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

## **Services**

Free radio linked alarms & Fire Safety information.

## **Details**

Eligibility Criteria.

Information via the West Sussex County Council website.

Download free fire prevention handbook.

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## **Homestart**

Crawley

Telephone: 01293 416327

[www.home-start.org.uk](http://www.home-start.org.uk)

### **Services**

Helping Young families Under Stress.

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## **West Sussex Library Services**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Excellent database for clubs and groups in each area. Link to village web sites with local groups /events.

.....

## **Sainsbury's Careline**

Telephone: 0845 301 2020

### **Services**

Adults/family Shopping support

### **Details**

Home delivery services that does not require a computer or visit to the store. Phone the order line to place your requirements.

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## **Crawley Borough Council**

[www.crawley.gov.uk](http://www.crawley.gov.uk)

### **Details**

Search for Community and neighbourhood on website. Housing services for council housing.

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## **Age Concern Outreach**

Telephone Claire Jones: 01444 452253

### **Services**

Older People Runs from Age Concern Haywards Heath OP can have 1.1 support in their own home.

### **Details**

One year project supporting OP to live independently in their own homes. Provides variety of 1.1 support including accessing health and social activities, benefits, adaptations to home etc.

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## **Crossroads**

Telephone Tracey Hole: 01403 249090

### **Services**

Respite to all groups.

### **Details**

Respite care in own home or at rural social clubs.

.....

## **The Life Centre**

Telephone: 01243 786349

Out-of-hours help line: 0844 8477879

### **Services**

Offers a help line, face to face counselling and an education program for clients who have experienced any form of sexual violation.

### **Details**

They accept referrals from GPs or direct self referral.

.....

## **The BV MacAndrew Trust**

c/o Spiro Williams Co, Planes House, 1 The Drive, Hove BN3 3JE

Telephone: 01273 736272

[www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Services**

All in need.

### **Details**

One off grants to people in need who live in East and West Sussex. Application in writing from social workers.

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## **Parkinsons Disease Society**

Telephone Jonathan Smith: 01273 452278 or Jane Renshaw: 01798 344802

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### **Services**

The Society also has local branches in Crawley, Horsham, Mid Sussex.

### **Details**

Community support worker for West Sussex for people with Parkinsons and their families and carers. The service included telephone support and access to a wide range of info. Possible visits to home.

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# Home and neighbourhood

## **Respect Helpline**

Telephone: 0845 122 8609 Queries: 0208563 8523

Email: [ippo@respect.uk.net](mailto:ippo@respect.uk.net)

[www.respect.uk.net](http://www.respect.uk.net)

### **Services**

Domestic violence perpetrators Mon, Weds & Friday 10.00 - 12.00pm and 2.00 - 4.00pm, Tuesdays 2.00 - 5.00pm.

### **Details**

Help line for domestic violence perpetrators. Can also take calls from (ex) partners friends and relatives who are concerned about a perpetrator as well as frontline workers.

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## **Sussex Oakleaf Housing Association**

6-8 Marine Place, Worthing

Telephone: 01903 218188

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

### **Services**

Offers integrated supported housing, registered care homes, floating support and day services for people with Mental Health problems and other vulnerable people needing housing.

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## **Help at Home Plus**

1st Floor, 38 Church Road, Burgess Hill RH15 9AE

Telephone: 01444 254819

Email: [helpathomeplus@btinternet.com](mailto:helpathomeplus@btinternet.com)

### **Services**

Domestic support in individuals home.

### **Details**

Enables older people and other members of the community to continue living independently. This service is not designed to assist clients who access domestic help elsewhere. Current cost £7.75 ph or £4.75 for those in receipt of pension credit.

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## **Furnihelp Mid Sussex**

Telephone: 01342 811755

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

### **Services**

Help for those on benefits.

### **Details**

A stock of secondhand furniture available to local people in need.

Supplied free of charge but donation towards cost of delivery.

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# Home and neighbourhood

## **Furnihelp**

Telephone: 01342 322355

Email: [admin@furnihelp.fsnet.co.uk](mailto:admin@furnihelp.fsnet.co.uk)

## **Services**

All on low incomes.

## **Details**

Collect unwanted furniture and redistribute to people who are being rehoused or on low income. Referrals taken from social services.

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## **Southdown Housing Association**

Telephone Sara Bray, Deputy Area Manager: 01403 263202

[www.southdownshousing.org](http://www.southdownshousing.org)

## **Details**

- Search 'what we do' on website and housing support.
  - Offer named worked to help client live more independently.
  - Advice on benefits, grants, drop in sessions.
  - Independent living schemes.
- .....

## **Mind**

51 New England Street, Brighton BN1 4GQ

Telephone: 01273 666950 / 0845 604 2712

Email: [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

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

## **Services**

Mental Health Advocacy, issue based on crisis advocacy service. Independent, confidential, client led, non judgemental and free of charge. Help and support and representation where needed.

Examples of activity include representation at benefit medical assessments, tribunals, ward rounds, care plan reviews (CPAs), GP appointments, support at court, child protection proceedings, help with form filling, etc.

West Sussex wide service – main bases in Crawley and Horsham, Worthing and Chichester. Also provide statutory advocacy (IMHA) for people detained under The Mental Health Act 1983.

## **Details**

Anyone who considers themselves to have mental health difficulties can access Mind service.

We accept self referrals, also by a carer, professional or anyone else. Just contact by email, phone etc.

No form filling required.

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## **The Life Centre**

Telephone: 01243 786349  
Out-of-hours helpline: 0844 8477879  
Adult line: 0844 847 7879  
Child line: 0808 80 20 802

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Offers a help line, face to face counselling and an education program for clients who have experienced any form of sexual violation.

### **Details**

They accept referrals from GPs or direct self referral.

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## **Hastings Borough Council Housing Advice Centre**

Renaissance House, London Road, St Leonards on sea TN37 6AN

Telephone: 01424 451212  
Email: [housingadvice@hastings.gov.uk](mailto:housingadvice@hastings.gov.uk)

[www.hastings.gov.uk](http://www.hastings.gov.uk)

### **Services**

Mediates in disputes between tenants and private landlords in cases of illegal eviction and harassment. Carries out enforcement work through the courts. Housing advice to prevent homelessness or assist with accessing the private rented sector. Homeless casework.

### **Details**

Opening times: Monday-Friday 10.00am - 4.00pm.  
Out of hours emergency phone: 0845 274 1099

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## **Hastings Community Housing Association (HCHA)**

HCHA, 16 Havelock Road, Hastings TN34 1BP

Telephone Kristen Charman, Manager: 01424 4453544

### **Services**

Provides supported shared housing for single persons between the ages of 16-22 years, and also has move-on accommodation. There is also some accommodation for small families.

### **Details**

Application is through Hastings Borough Council. Some flats and houses are available for disabled applicants.

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## **Pathways (Bexhill)**

Telephone Laura Thrussell, Senior Housing Support Worker: 01424 733094

Housing Management Enquiries: 01273 234277

Housing Support: 01273 234277

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

### **Services**

A specialist scheme offering support and accommodation to adults with ongoing mental health problems. The service provides short to medium term accommodation and support for up to 12 adults aged between 18 - 65 who have suffered mental health problems and are registered on Rother District or Hastings Borough Council housing registers.

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## **Hastings and Rother Neighbourhood Watch Association**

87A Hughenden Road, Hastings TN34 3TF

Telephone Anthony Turtle: 01424 443857

### **Services**

Contact the organisation directly for details of local Neighbourhood Watch groups.

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## **The St Thomas Fund for Homeless**

58 Cromwell Road, Hove, East Sussex, BN3 3ES

Telephone: 01273 823762

### **Services**

Christian based charity offering a residential programme for problem drinkers and drug users.

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## **RVS: Get Well Stay Well & Good Neighbour Scheme (Get Well)**

Newhaven and the surrounding areas

Telephone Jan Moody: 01273 611441

Email: [getwellstaywell@royalvoluntaryservice.org.uk](mailto:getwellstaywell@royalvoluntaryservice.org.uk)

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

### **Services**

The organisation deliver a home support and befriending service which enables those who need a helping hand and those who are socially isolated to remain independent, improve their quality of life and know that there is 'someone who cares'.

### **Details**

Contact the organisation directly for details of availability and costs.

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## **Adur District Council Community Support**

Care and Repair Civic Centre Shoreham

Telephone: 01273 263309

[www.adur.gov.uk](http://www.adur.gov.uk)

### **Details**

- Grants and assistance in home repairs Handyman services Furniture removal etc.
- .....

## **Worthing Homes**

Davison House North Street, Worthing BN11 2JQ

Telephone: 01903 703177

[www.worthing-homes.org.uk](http://www.worthing-homes.org.uk)

### **Services**

Resident Involvement Opportunities.

### **Details**

Provision of affordable housing.

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## **Worthing Borough Council Housing Services**

Portland House, Richmond Road, Worthing

Telephone Council Housing and Advice Officers: 01903 239999

Email: [housing-services@worthing.gov.uk](mailto:housing-services@worthing.gov.uk)

[www.worthing.gov.uk](http://www.worthing.gov.uk)

### **Services**

Housing Associations, benefits, support, advice and repairs. Advice re homelessness with excellent Survival guide which can be printed off from their web site including emergency accommodation. Refuges etc.

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## **The Worthing Foyer**

52 Shelley Road, Worthing BN11 4BX

Telephone: 01903 208269

Email: [worthingfoyer@worthingW49.freemove.co.uk](mailto:worthingfoyer@worthingW49.freemove.co.uk)

[www.viridianhousing.org.uk](http://www.viridianhousing.org.uk)

### **Services**

Safe housing for 16-25 year olds with training and employment advice.

### **Details**

Promotes independence in vulnerable young people by providing safe, good quality and affordable accommodation with access to support and training.

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## **Fire Prevention**

Telephone: 0800 3286487 / 01243 752451

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Home Fire Safety Check.

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## **West Sussex Library Services**

[www.westsussex.gov.uk/leisure/libraries](http://www.westsussex.gov.uk/leisure/libraries)

### **Services**

Excellent database for clubs and groups in each area Link to village web sites with local groups /events.

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# Home and neighbourhood

## **West Sussex information**

[www.westsussex.info](http://www.westsussex.info)

### **Services**

Excellent resource of what's on in the local communities including events, workshops, clubs societies etc and can search by town/village.

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## **Sainsbury's Careline**

Telephone: 0845 301 2020

### **Services**

Adults/family Shopping support.

### **Details**

Home delivery services that does not require a computer or visit to the store. Phone the order line to place your requirements.

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## **The Life Centre**

Telephone: 01243 786349

Out-of-hours helpline: 0844 8477879

Adult line: 0844 847 7879

Child line 0808 80 20 802

[www.lifecentre.uk.com](http://www.lifecentre.uk.com)

### **Services**

Offers a help line, face to face counselling and an education program for clients who have experienced any form of sexual violation.

### **Details**

They accept referrals from GPs or direct self referral.

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## **Independent Living Association (ILA) 'Lend A Hand'**

Telephone Roger Lightbrown: 01903 219482

Email: [rogerlightbrown@westsussex.org](mailto:rogerlightbrown@westsussex.org)

[www.lendahand-ila.co.uk](http://www.lendahand-ila.co.uk)

### **Services**

Domestic help service available in the Worthing Area: cleaning, laundry, ironing, dish washing etc.

### **Details**

The aim is to offer a high quality service, and all the profits to help ILA fund it's charitable service.

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## **Worthing Churches Homeless Projects**

13 Grafton Road, Worthing, West Sussex BN11 1QP

Telephone: 01903 235 208

St Clare's Day Centre: 01903 832 925

[www.wchp.org.uk](http://www.wchp.org.uk)

### **Services**

Worthing Churches Homeless Projects provides a variety of services many of which are accessed through contact at St Clare's Day Centre.

Includes: Day Centre. Opening times are Mon - Fri 9.00am - 12.00 noon, Saturday and Sunday 9.00am - 11.00am.

Afternoon sessions vary so please call for information.

Staff include: Mental Health worker, Substance Misuse worker, Resettlement worker, Homelessness Prevention worker.

### **Details**

Individual enquiries other than agencies can choose to either call into St Clare's Day Centre to discuss options with the staff or in the first instance can ring the centre on 01903-832925/832946. Due to demand you may well be offered an appointment.

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## **Child Death Helpline**

Telephone: 0800 282986

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### **Services**

Help line for anyone affected by the death of a child.

### **Details**

- The help line is open every day throughout the year.
  - Every evening 19.00 - 22.00.
  - Monday to Friday 10.00 - 13.00.
  - Tuesday and Wednesday 13.00 to 16.00.
  - Your call will be answered by a bereaved parent.
- .....

## **The Wave – Children and Family Centre**

Dominion Road, Worthing BN14 8JL

Telephone: 01903 276869

### **Services**

Offering a program of activities for young families that include:

- Well Being Baby Clinic.
- Job Centre Plus.
- Drop in parent and toddler group.
- Child minder drop in.
- Weekly appointment clinics: Midwifery, Sleep clinic, Development checks.
- Early Parenting Group.
- Playtime and toy library.
- Breast Feeding Peer support group.
- Cafe.

# Home and neighbourhood

## Details (The Wave)

Other sites across the Worthing area include:

- Durrington, 01903 276888,
  - Findon, 01903 270470,
  - South Lodge, Crescent Road, 01903 276807
  - Lyndhurst Rd, 01903 270424
- .....

## Ashmount Care home with Nursing

Southey Road, Worthing BN11 3HT

Telephone: 01901 528500

Email: ashmount@guildcare.org

### Services

50 place for residential and nursing care. Personalised care plans.

### Details

Comfortable seaside property ideal for those with physical frailties. Spacious, lift to ensure residents can access all three floors.

.....

## Worthing Family Centre (Family Welfare Association)

35 Parkfield Road, Worthing BN13 1EP

Telephone: 01903 237482

### Services

Charity which provides practical and emotional support to families.

### Details

The Worthing family centre offers a range of services to individuals and families who may visit for one or more sessions each week eg. Young parents group, family playtime and developing self esteem.

.....

## Worthing Homelessness Forum (WHF)

[www.worthing.gov.uk](http://www.worthing.gov.uk)

### Services

Worthing area churches project for homeless people.

### Details

Excellent Survival guide for homeless people (2007).

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## Friends Families and Travellers

Community Base, 113 Queens Road, Brighton BN1 3XG

Telephone: 01273 234811

### Services

Working with gypsies and travellers. Outreach team linking service users to services.

.....

# Home and neighbourhood

## **Carers Support Service**

49 Beach Road, Littlehampton BN17 5JG

Telephone: 0300 028 8888

[www.carerswsx.org.uk](http://www.carerswsx.org.uk)

### **Services**

Information and support for carers. Including activities for carers and a quarterly newsletter.

### **Details**

Also provides support and advise and counselling for young carers, aged 13 - 25.

.....

## **Community Equipment Service**

Email: [ot.connect@westsussex.gov.uk](mailto:ot.connect@westsussex.gov.uk)

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Assessment for appropriate adaptations to facilitate individuals to have greater independence in their own home.

### **Details**

Via their health professional, community nurse, physiotherapist or health occupational therapist. This service can provide many simple items of equipment, These include: bath aids, trolley, commodes They may also prescribe nursing and medical equipment, such as: nursing beds, equipment to prevent pressure sores, walking frames, crutches.

.....

## **Sussex Oakleaf Housing Association**

6-8 Marine Place, Worthing West Sussex

Telephone: 01903 218188

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

### **Services**

Offers integrated supported housing, registered care homes, floating support and day services for people with Mental Health problems and other vulnerable people needing housing.

### **Details**

Sussex Oakleaf run two cafes within Meadowfield, Worthing and Langley Green Crawley inpatient units within Sussex Partnership Foundation NHS Trust. Service users may apply for paid work, work experience and education opportunities.

.....

## **Arun Care**

Telephone: 01903 770400

### **Services**

Offers Mental Health Support and a weekly Drop in at Littlehampton United Church Hall. Thurs 1.00 - 4.00pm.

### **Details**

Self Referral. No specific age.

.....

# Home and neighbourhood

## **Meals on Wheels Service (West Sussex County Council)**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Delivery of hot or chilled meals to people who require the service, due to a variety of circumstances.

### **Details**

A two course hot meal cost £3.20.

.....

## **Hollies Mental Health Centre**

83 High Street, Worthing

Telephone: 01903 529100

### **Services**

Offers both individual and peer support to people with server and enduring mental health difficulties.

### **Details**

Access by self referral. Open 6 days a week at various times.

.....

## **Tea & Chat Club**

United Church Hall, High Street, Littlehampton

Telephone:01903 782876

### **Services**

A drop in centre that caters mainly for people with mental health difficulties.

### **Details**

Every Tues 10.15 - 4.00pm.

.....

## **The Tamarisk Centre (Age Concern)**

Beach Road Littlehampton

Telephone: 01903 730007

### **Services**

Provides activities and services for people over 50 years. Such as arts and crafts, table tennis and computer classes. Also provides hot meals, snacks, entertainment and outings.

### **Details**

£1.50 per day or £15 for 6 months.

.....

## **Homestart**

Unit 5c, Park Farm Chichester Road Arundel BN18 OAG

Telephone: 01903 889707

Free information line: 0800 0686368

Email: [admin@home-startarun.org.uk](mailto:admin@home-startarun.org.uk)

[www.home-start.org.uk](http://www.home-start.org.uk)

# Home and neighbourhood

## **Services (Homestart)**

HomeStart provides volunteers to support families around the home. Volunteers can offer practical help and reassurance, a break for the parents, help with children etc.

### **Details**

Families can self refer.

.....

## **The Centre Club (Alzheimer's Society)**

27 Stone Lane, Worthing

Telephone: 01903 267902

### **Services**

Social day club for people under 70 in the earlier to moderate stages of dementia.

### **Details**

£10 per day including lunch. Activities are chosen by members. Snooker table, table tennis, gardening, outdoor walks and picnics, listening to music, relaxing and reading magazines and newspapers etc and discussion sessions. Referral by Community Mental health team.

.....

## **Worthing Women's Aid**

Help line: 01903 231939

### **Services**

Offers free and confidential service information, advice and guidance for women experiencing domestic violence.

### **Details**

No appointment necessary, just pop in.

**Littlehampton:** Wickbourne Centre, Clun Road Wed 2.00pm - 3.00pm.

**Worthing:** The Wave Family Centre Thurs 11.30 - 12.30.

.....

## **Home Link**

The Ark, 1 New Road, Littlehampton BN17 5AX

Telephone: 01903 739669

### **Services**

Rent deposit scheme: assists over 18s to secure private accommodation if they are homeless or vulnerably housed.

### **Details**

Breakfast Club and Soup Run: 1 for a cooked breakfast Tea garden project: Grows produce to raise money for Homelink. Run by clients and volunteers.

.....

## **Shelter**

West Sussex and Surrey Housing Aid Centre, Crawley RH11 9BA

Telephone: 01293 419255

# Home and neighbourhood

## Services (Shelter)

Advice and information around a number of housing issues such as: problems with your landlord, facing eviction, having trouble paying rent, homeless, living in temporary.

### Details

Appointments can be made on 01293 419255 Also operates a free housing advice helpline on 0808 800 4444 8am- midnight 7 days a week.

.....

## MIND Durrington

8-10 Durrington Lane, Worthing, West Sussex BN13 2QB

Telephone: 01903 693047

### Services

Rambling Group Swimming Group Children's clothes shop Arts & Crafts Tues afternoon.

### Details

Ask for Susannah Lloyd 07847021635.

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## Crossroads

Telephone Tracey Hole: 01403 249090

### Services

Respite to all groups.

### Details

Respite care in own home or at rural social clubs.

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## Furnihelp

Telephone: 01342 322355

Email: emailadmin@furnihelp.fsnet.co.uk

### Services

All on low incomes.

### Details

Collect unwanted furniture and redistribute to people who are being rehoused or on low income. Referrals taken from social services.

.....

## Respect Helpline

Telephone: 0845 122 8609 Queries 0208563 8523

Email: ippo@respect.uk.net

### Services

Domestic violence perpetrators Mon, Weds & Friday 10.00 - 12.00pm and 2.00 - 4.00pm, Tuesdays 2.00 - 5.00.

### Details

Help line for domestic violence perpetrators Can also take calls from (ex) partners friends and relatives who are concerned about a perpetrator as well as frontline workers.

.....

# Home and neighbourhood

## **The BV MacAndrew Trust**

c/o Spiro Williams, Co Planes House, 1 The Drive, Hove BN3 3JE

Telephone: 01273 736272

### **Services**

One off grants to people in need who live in East and West Sussex. Application in writing from social workers.

### **Details**

For anyone in need.

.....

## **Worthing Churches Homeless Project**

13 Grafton Road, Worthing BN11 1QP

Telephone: 01903 235208

[www.wchp.org.uk](http://www.wchp.org.uk)

### **Services**

Offers various services for the homeless community within Worthing including accommodation, day centres, outreach, access to a mental health worker, access to substance misuse worker.

### **Details**

All accessed via St Clare's day centre 01903 83295.

Hearing Voices group.

6-8 Marine Place Worthing (opp entrance to Icaland car park) on alternate Thursday 14.30 - 15.30 hrs.

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## **Worthing Women's Aid**

### **Services**

Domestic violence drop in services operates term time only.

### **Details**

**Littlehampton:** Wickbourne Centre Clun Rd Wednesday 2.00 - 3.00pm.

**Worthing:** The Wave Children's and family centre open every Thursday between 11.30 - 12.30.

**Bognor Regis:** The family Centre Vernon House, 29 Richmond Ave Monday 11.30 - 12.30.

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## **Rethink**

Telephone: 0845 456 0455

[www.rethink.org](http://www.rethink.org)

### **Services**

Carers Information: Specialist advisers are trained to deal with enquiries from people affected by severe mental illness including those experiencing mental illness themselves as well as their friends, families & carers . They have experience in a variety of issues concerning medication and treatment, legal rights, debts issues, welfare benefits, housing and community care.

### **Details**

They can be contacted from 9.00am to 5.30pm Monday to Friday.

.....



# Home and neighbourhood

## **Worthing Foodbank**

Jubilee Community Church, The Gateway Centre, Unit 5, Dominion Way, East Worthing Industrial Estate  
Telephone Julie Denyer, Foodbank Manager: 01903 821921

### **Services**

Food vouchers.

.....

## **Youth Homelessness Prevention Team**

West Sussex County Council, contact via Worthing Borough Council, Children's Access Point  
No central office so no generic email or numbers.

### **Services**

1.1 support and assessment of needs 16 & 17 year olds who fall under southwark.

.....

## **MIND**

Rivendell Mental Health Resource Centre, 23 Maltravers Drive, Littlehampton  
Telephone: 01903 721893

### **Services**

A range of activities and opportunities where people are encouraged to enjoy a good quality of life.

### **Details**

Referral from your CPN, GP, care-coordinator, social worker.

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Spiritual and cultural

# Spiritual and cultural

## **Bahai Community of Brighton & Hove**

Bahai Centre, 19 Stanford Avenue, Brighton BN1 6GW

Telephone: 01273 505895

[www.brightonbahais.org.uk](http://www.brightonbahais.org.uk)

### **Services**

Bahai Faith. Offers a number of events such as public forums, Tranquillity Zones and classes for everyone interested in the Bahai Faith.

.....

## **Beltane Brighton**

Telephone Lynx:01273 307297

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

### **Services**

Western Mysticism and Qabalah. Open Beltane ceremony and ritual.

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## **BME Akwaaba!**

The Brunswick Project, 11A Upper Market Street, Hove BN2 1AS

Telephone: 01273 325039

### **Services**

A drop-in mutual support group for Black and Minority Ethnic Women of all ages.

### **Details**

Office hours: Monday-Friday 9am-5pm.

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## **BME Brighton and Hove Black Women's Group**

Brighton Women's Centre, 72 High Street, Brighton BN2 1RP

Telephone: 01273 698036

### **Services**

Works to meet the needs of Black women, their families and communities by promoting anti-discriminatory practice; providing advice and advocacy; capacity building Black organisations and staging cultural activities such as Black History Season.

.....

## **BME WOVEN**

### **Services**

BME women's group 'using creativity for well being' which hold workshops on Thursdays afternoons between 3-5 at the Allen Centre.

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## **Brighton and Hove Interfaith Contact Group**

Interfaith Liaison Team, Diocese of Chichester, Church House, 211 New Church Road, Hove BN3 4ED

Telephone: 01273 421 021

Email: [admin@ifcg.co.uk](mailto:admin@ifcg.co.uk)

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

### **Services**

Promotes and develops dialogue and friendship between faith communities in Brighton and Hove.

Resource for other groups and organisations in Brighton and Hove on interfaith and faith matters. The IFCG helps to organise meetings, forums and events throughout the year.

.....

## **Brighton and Hove Humanist Society**

Telephone: 01273 461404

[www.homepage.ntlworld.com/robert.stovold/humanist/index.html](http://www.homepage.ntlworld.com/robert.stovold/humanist/index.html)

### **Services**

Website offering high quality information, straightforward explanations and books and leaflets that can be bought online.

.....

## **Brighton Buddhist Centre**

17 Tichbourne Street, Brighton BN1 1UR

Telephone: 01273 772090

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

### **Services**

The Buddhist Centre is open to anyone who wishes to find out more about Buddhism - Buddhist ethics, dharma practice, beliefs or lifestyles. Meditation, Yoga.

.....

## **Bodhisattva Buddhist Centre**

3 Lansdowne Place, Hove BN3 1DN

Telephone: 01273 732917

[www.meditateinbrighton.com](http://www.meditateinbrighton.com)

### **Services**

Drop in meditation classes, relaxing weekend retreats, Bodhisattva Buddhist Centre.

Offers a range of classes and meditations, from general introductions to in-depth study. The Centre and cafe is open to visitors from 2.00 - 5.00pm Monday to Saturday during term time.

.....

## **Brighton and Hove Chinese Society**

Room 100 Mitre House, 149 Western Road, Brighton

Telephone: 01273 721723

### **Services**

Arranges cultural events and workshops. Enhancing Chinese Community's relationship with other like groups  
Aims to serve Chinese people and to preserve and promote Chinese culture.

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# Spiritual and cultural

## **Brighthelm Church and Community Centre**

North Road, Brighton BN1 1YD

Telephone: 01273 821512

Email: [info@brighthelm.org.uk](mailto:info@brighthelm.org.uk)

[www.brighthelm.org.uk](http://www.brighthelm.org.uk)

### **Services**

We provide meeting rooms to the voluntary and public sector, with special evening community rates. We have a community cafe and various community activities.

### **Details**

Brighthelm is an example of Church and Community working in partnership.

.....

## **Calvary Evangelical Church**

Viaduct Road, Preston Circus, Brighton BN1 4ND

Telephone: 01273 682112

[www.calvary-brighton.org.uk](http://www.calvary-brighton.org.uk)

### **Services**

Calvinist Church.

.....

## **Chapel Royal**

North Street, Brighton BN1 1EA

Telephone: 01273 328767

[www.chapelroyalbrighton.org.uk](http://www.chapelroyalbrighton.org.uk)

### **Services**

Anglican Church. There is a concert every Tuesday (see website or phone for more details), a coffee shop operating each Saturday and Alcoholics Anonymous meet every Tuesday, Friday and Sunday.

### **Details**

As a gathered community of faith, each Sunday and throughout the week, we represent all traditions within Anglicanism, together with people nurtured in the Roman Catholic and Free Church traditions.

.....

## **Christian Church of the Annunciation**

The Vicarage, 89 Washington Street, Brighton BN2 9SR

Telephone: 01273 681341

Email: [office@annunciationbrighton.org.uk](mailto:office@annunciationbrighton.org.uk)

[www.annunciationbrighton.org.uk](http://www.annunciationbrighton.org.uk)

### **Services**

Church of England.

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# Spiritual and cultural

## **Church of Christ the King (Clarendon Trust CCK)**

Church Office, 21/23 Clarendon Villas, Hove BN3 3RE

Telephone: 01273 747687

[www.cck.org.uk](http://www.cck.org.uk)

### **Services**

Evangelical / Charismatic Church.

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## **Church of Christ the King**

Clarendon Centre, 47 New England Street BN1 4GQ

### **Services**

Evangelical / Charismatic Church.

### **Details**

Offers bus pick up service.

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## **City Coast Church**

North Street, Portslade BN41 1DG

Telephone: 01273 433433

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

### **Services**

Evangelical Church.

### **Details**

City Coast Church is a vibrant church in Portslade.

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## **Dorset Gardens Methodist Church**

Dorset Gardens, Brighton BN2 1RL

Telephone: 01273 605502

Email: [office@dgmc.org.uk](mailto:office@dgmc.org.uk)

[www.dorsetgardens.fsnet.co.uk](http://www.dorsetgardens.fsnet.co.uk)

### **Services**

Methodist Church. See website for details of services and activities.

### **Details**

Our mission is to serve God in our community. We seek to do this by being an affirming church, which offers the love of God to everyone regardless of age, race, gender or sexual orientation, through care, worship and service.

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## **Florence Road Baptist Church**

Florence Road, Brighton BN1 6DL

Telephone: 01273 557081

[www.frbc.org.uk](http://www.frbc.org.uk)

### **Services**

Baptist Church.

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## **Holland Road Baptist Church**

71 Holland Road, Hove BN3 1JN

Telephone: 01273 732111

[www.hrbc.org.uk](http://www.hrbc.org.uk)

### **Services**

- Friday Lunch Club.
- Ladies Keep Fit.
- Three Parent & toddler groups.
- Youth Group.
- Kids Club.

### **Details**

A church in the community for the Community. Well structured website, energetic and overflowing with ideas and enthusiasm. Provides links to the extensive presence of Christianity on the web, and hold its own as a good example of such a site.

---

## **Modern Jesus Army**

Abundant Grace, Firle Road, Seaford BN25 2JE

Telephone: 0845 166 8151

[www.jesus.org.uk](http://www.jesus.org.uk)

### **Services**

Services/meetings:

Sundays: 11.00am Millwood Centre, Nelson Row, Carlton Hill, Brighton. 6.00pm Moulsecoomb Hall, Lewes Road, Brighton, BN2 4GA.

Wednesdays: 8.00pm Cell-Church groups meet in various locations including Brighton and Hove, Eastbourne and Seaford.

Saturdays: 7.00pm Usually House groups in Brighton and Hove, Hastings & Seaford – phone for details (see also Coming Events)

### **Details**

The Jesus Army (also known as the Jesus Fellowship Church) aims to be a contemporary expression of the historic Christian faith.

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# Spiritual and cultural

## **New Life Church (NLC)**

Moulsecoomb Primary School Hall, The Highway, Lewes Road, Brighton BN2 4PA

Telephone: 01273 688257

[www.newlifebrighton.org.uk](http://www.newlifebrighton.org.uk)

### **Services**

Evangelical Charismatic Church.

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## **Local Roman Catholic Churches listed on the following website**

[www.escis.org.uk/Brighton/Directory](http://www.escis.org.uk/Brighton/Directory)

### **Services**

Contact individual churches for details.

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## **The Salvation Army**

Brighton Congress Hall, 1-6 Park Crescent Terrace, Brighton

Telephone: 01273 607095

[www.salvationarmybch.org.uk](http://www.salvationarmybch.org.uk)

### **Services**

Sunday Services, Seniors Lunch Club, Cafe, Child Contact Centre, Prayer meetings, Youth Club, Homeless project, Women's meeting.

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## **Southern Cross Evangelical Church**

103 Trafalgar Road, Portslade BN41 1GU

Telephone: 01273 232815

[www.southerncross.org.uk](http://www.southerncross.org.uk)

### **Services**

Evangelical Church.

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## **St Bartholomew's Church**

Anne Street, Brighton BN1 4GU

Telephone: 01273 620491

### **Services**

Church of England.

St Bartholomew's is open every day and welcomes all.

It regularly holds classical concerts (call or drop in for details).

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## **St Peter's Church**

York Place, Brighton BN1 4GU

Telephone: 01273 698182

[www.stpetersbrighton.org](http://www.stpetersbrighton.org)

### **Services**

Church of England. The church is open and welcoming to all regardless of race, religion, gender, age, wealth or sexual orientation and the hall is available for hire.

### **Details**

St Peter's Church aim to be an active Christian presence and partner in the City of Brighton and Hove, in the universities, hospitals and local communities and to be in dialogue with them.

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## **Church of Jesus Christ of Latter Day Saints**

109, Lewes Road, Brighton BN2 3QA

Telephone: 01273 679948

[www.lds.org.uk](http://www.lds.org.uk)

### **Services**

Mormon Church.

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## **First Church of Christian Scientist**

97 Montpelier Road, Brighton BN1 6BE

Telephone: 01273 325100

### **Services**

Christian Science Church.

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## **Friends' Meeting House**

Ship Street, Brighton BN1 1AF

Telephone: 01273 770258

Email: [admin@brightonquakers.net](mailto:admin@brightonquakers.net)

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

### **Services**

The main building is available for hire, and there are many events organised.

### **Details**

Quakers believe that religion is about how we live in this world in the here and now, focussing on reconciliation, peace and justice. Everyone is welcome.

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# Spiritual and cultural

## **Information about different faiths**

[www.sifre.org.uk](http://www.sifre.org.uk)

### **Services**

A faith card. An at-a-glance guide to some aspects of religion, belief and culture. Also delivers information about faith based dietary requirements.

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## **Information about Jesus Christ**

[www.jesus.org](http://www.jesus.org)

### **Services**

Get biblical answers to common questions about Jesus Christ.

### **Details**

On this site you will find biblical answers to the most common questions asked about the birth and life of Christ, his ministry and disciples, and of course the crucifixion and resurrection.

.....

## **Inter Diocesan West Africa Link (IDWAL)**

Diocesan Church House, 211 New Church Road, Hove BN3 4ED

Telephone: 01273 421021 / 425694

### **Services**

We link communities, especially churches and schools, in Sussex with schools and churches in Sierra Leone, Gambia, Guinea, Liberia and Cameroon.

.....

## **Brighton and Hove Jewish Community Foundation**

Ralli Hall, 81 Denmark Villas, Hove BN3 3TH

Telephone: 01273 202254

### **Services**

Manage the Jewish Community Centre and run the Jewish Day Centre, for senior citizens.

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## **B&H Progressive Synagogue**

6 Lansdowne Road, Hove BN3 1FF

Telephone: 01273 737223

[www.jewishsussex.designextreme.com/community/progressive](http://www.jewishsussex.designextreme.com/community/progressive)

### **Services**

Services, social cultural activities, lifelong learning.

### **Details**

Practicing Judaism in a modern, thoughtful way, interpreting Jewish tradition in the light of contemporary insights and circumstances. Visitors of any faith welcome.

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## **MOSAIC Black & Mixed Parentage Family Group**

Community Base, 113 Queens Road, Brighton BN1 3XG

Telephone: 01273 234017

Fax: 01273 234018

[www.mosaicequalities.org.uk](http://www.mosaicequalities.org.uk)

### **Services**

Activities include: bring-a-dish social events, under 5s club, newsletter, advocacy etc.

### **Details**

Community-based organisation of Black and mixed parentage families and individuals providing safe, anti-racist and culturally diverse environments.

Hours: Monday to Friday 10.00am- 4.00pm.

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## **Gypsy & Traveller Information**

Brighton & Hove City Council

Telephone: 01273 292044

Email: [travellers@brighton-hove.gov.uk](mailto:travellers@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

Information on local sites.

### **Details**

Search travellers on A - Z search. Traveller Liaison Service - help travellers access health/education services etc can provide teaching support.

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## **Chinese Centre**

Community Base, 113 Queens Road, Brighton BN1 3XG

Telephone: 01273 234800

[www.cedp.org.uk](http://www.cedp.org.uk)

### **Services**

Free educational advice and counselling services for the Chinese population of Brighton & Hove.

### **Details**

A registered charity run by the Chinese Educational Development Project (CEDP) in the UK.

31 Davigdor Road, Hove BN3 1QB. Telephone: 0844 8007292 or 01273 731210.

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## **BME Community Development Worker for BME Communities**

Sussex Partnership NHS Foundation Trust

EBMHC, Brighton General Hospital, Brighton BN2 3EW

Telephone Eleanor Hope: 01273 621 984 extension: 3243 / 07826 951 830

Email: [eleanor.hope@sussexpartnership.nhs.uk](mailto:eleanor.hope@sussexpartnership.nhs.uk)

### **Services**

Work in BME communities to set up self-help groups. Support BME users of mental health services to set up peer groups. Assist BME communities/groups in raising awareness by providing Mental Health and Wellbeing, Recovery and Race Equality training. Work with statutory agencies to research and consult with BME communities.

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## **Chaplaincy-Spiritual Care and Spirituality Advocates**

Sussex Partnership NHS Foundation Trust

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

All clinical teams in the Trust have an advocate who supports staff and users of services in accessing spiritual resources.

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## **Eastern European Advice Line**

Telephone: 0208741 1288

Email: [info@eeac.org.uk](mailto:info@eeac.org.uk)

### **Details**

Signposting service to local support.

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## **Gypsy and Traveller Information/Advice**

West Sussex County Council

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and Traveller sites and traveller education support service (TESS).

### **Details**

Gypsy and traveller strategy 2006 available.

- Definitions.
  - Existing sites/new sites planned.
-

# Spiritual and cultural

## **BME Community Services (BMECS)**

Amina Chitembo, 1st Floor, Gordon House, 34 Railway Approach, Worthing

Telephone: 01903 211033

Email: [info@bme-cs.org.uk](mailto:info@bme-cs.org.uk)

### **Services**

Charity which addresses the gaps in ethnic minority group across West Sussex. Drop in outreach, activities and local projects.

### **Details**

Peer education and life skills, employment support link to BME.

.....

## **Sussex Partnership NHS Foundation Trust**

Chaplain Langley Green Hospital Crawley RH11 7EJ

Telephone Richard Harlow, Multi Faith and Spiritual Care Team Leader: 01293 590400 extension 501

Email: [simon.hobbs@sussexpartnership.nhs.uk](mailto:simon.hobbs@sussexpartnership.nhs.uk)

Chichester and Bognor Harold Kidd Unit, Centurion Unit, Bognor, Chichester, Midhurst CMHTs

Rev Graham Reeves Telephone: 01243 791892

Email: [graham.reeves@sussexpartnership.nhs.uk](mailto:graham.reeves@sussexpartnership.nhs.uk)

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Simon coordinates a spirituality network across Sussex Partnership and with key networks. See Spirituality link on SPFT and link to Chaplaincy, Spiritual Care & Multi Faith link.

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## **Salvation Army**

Telephone: 01444 242811

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

### **Services**

Community services, Children, families, adults, Detox/addiction, Elderly care, Homelessness, Lifelong learning, Pastoral care.

.....

## **West Sussex Library Services**

### **Details**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

See section on community services and culture in Mid Sussex.

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# Spiritual and cultural

## **Gypsy and Traveller Information/Advice**

West Sussex County Council

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and traveller sites and traveller education support and service (TESS).

### **Details**

Gypsy and traveller strategy 2006 also available.

- Definitions.
  - Existing sites/new sites planned.
- .....

## **Eastern European Advice Line**

Telephone: 0208 741 1288

Email: [info@eeac.org.uk](mailto:info@eeac.org.uk)

### **Services**

Signposting to local support groups and events.

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## **BME Community Services (BMEC)**

1st Floor Gordon House, 34 Railway Approach, Worthing

Telephone Amina Chitembo: 01903 211033

Email: [Info@bme-cs.org.uk](mailto:Info@bme-cs.org.uk)

### **Services**

Charity which addresses the gaps in ethnic minority groups across west sussex. Drop in info, outreach, activities and local projects.

Peer education and life skills.

BAME networks.

.....

## **Expanding Communities Project**

Dove Lodge, 49 Beach Road, Littlehampton

Telephone: 01903 726229

[www.arun.gov.uk/ecp](http://www.arun.gov.uk/ecp)

### **Services**

Offering support to migrant workers.

Support people with language difficulties to access services.

.....

# Spiritual and cultural

## **Women's Aid**

Telephone: 0808 2000 247

### **Services**

- 24 hour help line.
  - Support with domestic violence.
  - BME support and advice.
  - Eastern European advice centre.
- .....

## **Horsham Interfaith Forum**

17 Causeway, Horsham RH12 1HE

Telephone Chris Smith, Membership Secretary: 01403 258334

Email: chrismith@btinternet.com

[www.interfaith.org.uk](http://www.interfaith.org.uk)

### **Services**

Interfaith forum acts as a central point for locating diverse faith communities and their leaders/representatives. Usually arrange meetings every month or more which aim to build understanding between people of different world faiths.

Meetings are usually free and open to all.

Interfaith forums do not arrange acts of worship, or provide interfaith ceremonies (e.g. weddings/dedications).

### **Details**

Membership open to all who are in agreement with the aims of promoting understanding. Most meetings will be evenings or weekends and maybe held in various locations (usually a religious building belonging to a member organisation).

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## **Spirituality Advocates List**

Chaplain, Langley Green Hospital, Crawley RH11 7EJ

Available from: [simon.hobbs@sussexpartnership.nhs.uk](mailto:simon.hobbs@sussexpartnership.nhs.uk)

Telephone: 01293 590400 Extension 501

### **Services**

Support the clinical teams in accessing resources etc.

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## **Women's Aid**

Telephone: 0808 2000 247

### **Details**

24 hour help line Support with domestic violence BME Support and advice Eastern European advice centre.

.....

## **Sussex Partnership NHS Foundation Trust/Spiritual Care Team**

Chaplain, Langley Green Hospital, Crawley RH11 7EJ

Telephone Rev. Richard Harlow, Multi-faith and Spiritual Care Team leader: 01293 590400 Extension 501

Email: richard.harlow@sussexpartnership.nhs.uk

Horsham, Iris Ward, Horsham CMHT

Email Rev John Dubois: johndubois@nhs.net

### **Services**

Mid Sussex area Worthing area (Meadowfield, Burrowes unit) and Crawley area (Langley Green, and Dove ward, Crawley Hospital) Mid-Sussex (Clayton ward) and East Grinstead CMHTS.

### **Details**

Contact Richard Harlow if you need a list of Spiritual Advocates in our clinical teams.

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## **Gypsy and Traveller Information/Advice**

West Sussex County Council

Telephone: 01243 777100

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Information regarding Gypsy and traveller sites and traveller education support service (TESS).

### **Details**

Gypsy and traveller strategy 2006 available.

- Definitions.
  - Existing sites/ new sites planned.
- .....

## **Expanding Communities Project**

Dove Lodge, 49 Beach Road, Littlehampton

Telephone: 01903 726229

[www.arun.gov.uk/ecp](http://www.arun.gov.uk/ecp)

### **Services**

Offering support to migrant workers, Support people with language difficulties to access services.

.....

## **Eastern European Advice Line**

Telephone: 020 8741 1288

Email: [info@eeac.org.uk](mailto:info@eeac.org.uk)

### **Details**

Signposting service to local support etc.

.....



# Spiritual and cultural

## **BME Community Services (BMECS)**

1st Floor Gordon House, 34 Railway Approach, Worthing  
Telephone Amina Chitembo: 01903 211033  
Email: [info@bme-cs.org.uk](mailto:info@bme-cs.org.uk)

### **Details**

Charity which addresses the gaps in ethnic minority groups across west Sussex. Drop in info, outreach, activities and local projects. Per education and life skills. Employment support. BAME networks Black.

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## **Crawley Ethnic Minority Partnership CEMP**

The Orchard 1-2 Gleneagles Court Brighton Road Crawley  
Telephone: 01293 657030  
[www.cemp.org.uk](http://www.cemp.org.uk)

### **Details**

Covers West Sussex area- charity Excellent resources on BME networks and partners work Community activities Signposting to groups/associations etc locally.

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## **Multi Faith and Spiritual Care**

Chaplain, Langley Green Hospital, Crawley RH11 7EJ  
Telephone Richard Harlow, Team leader: 01293 590400 Extension: 501  
Email: [simon.hobbs@sussexpartnership.nhs.uk](mailto:simon.hobbs@sussexpartnership.nhs.uk)

### **Details**

Richard coordinates a spirituality network across Sussex Partnership and with key networks. See Spirituality link on SPFT and link to Chaplaincy Spiritual Care & Multi Faith contact list.

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## **Spirituality Advocates SPFT**

Claire Newton (EIS) Aldrington House Worthing 01273 716 555 David Kennedy Highdown Worthing  
Roger Kinross Kendall House Worthing 01903 222650 E Harris, S Gamble David Shattock Meadowfield  
01903 843321

### **Services**

Support the clinical teams in accessing spiritual resources etc.

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# Creativity

## **Brighton Dome**

Church Street, Brighton, East Sussex BN1 1UE

Telephone: 01273 261524

[www.brightondomeevents.org](http://www.brightondomeevents.org)

### **Services**

Theatre, space for corporate events and conferences, etc

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## **London Arts in Health Forum**

[www.lahf.org.uk](http://www.lahf.org.uk)

### **Services**

Monthly events, a monthly newsletter, training sessions and advice and support for artists, architects, clinical staff and service On this site you will find information and updates about arts and wellbeing activity in London and nationally, as well as information about arts in health work overseas and research highlighting the value of creativity and culture in wellbeing.

### **Details**

London Arts in Health Forum is a membership organisation which aims to develop the role of culture in wellbeing and to promote and support arts in health activity across London and nationally.

Free.

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## **The Professional Association for Dance Movement Psychotherapy**

32 Meadfoot Lane, Torquay TQ1 2BW

Email: [admin@admt.org.uk](mailto:admin@admt.org.uk)

### **Services**

Information including service user experiences, training, including day and short courses, research and how to find a therapist.

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## **Local Theatres**

Information about all local theatres available on the following website: [Theatres, concert halls and art centres](#)

See individual Theatres for information.

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## **Threshold – Women’s Counselling and Creche Services**

79 - 83 North Street, Brighton BN1 1ZA

### **Services**

Groups, Creche, Drop In, Learn to Knit Group.

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## **Disability Arts Online**

[www.disabilityartsonline.org.uk](http://www.disabilityartsonline.org.uk)

### **Services**

News, features, blogs, resources, contacts for the disability arts nationally.

### **Details**

An online journal for discussion of arts and culture.

---

## **Sussex Partnership Foundation NHS Trust Arts Therapists**

Sussex Partnership NHS Foundation Trust

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Provide a clinical arts therapy service using art making to help self expression, communication and emotional processing.

---

## **Sussex Partnership Foundation NHS Trust**

Telephone Joanna Stevens: 01273 621984 Extension: 2527

Email: [joanna.stevens@sussexpartnership.nhs.uk](mailto:joanna.stevens@sussexpartnership.nhs.uk)

### **Services**

Arts Psychotherapists including Drama, Music and Arts.

### **Details**

Link to range of inclusive arts projects nationally/locally.

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## **Sussex Partnership Foundation NHS Trust for Arts Psychotherapy**

Telephone Joanna Stevens: 01273 621984 Extension: 2527

Email: [joannastevens@sussexpartnership.nhs.uk](mailto:joannastevens@sussexpartnership.nhs.uk)

### **Services**

Arts Psychotherapists including Drama, Music, Arts.

Psychotherapists substantive/bank.

### **Details**

Link to range of inclusive arts projects nationally/locally.

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## **West Sussex Arts and Health Network E:**

Telephone Anna Barzotti Arts and Health Coordinator: 07565 345156 P/T: Tuesday, Thursday and Friday

Email: [anna.barzotti@googlemail.com](mailto:anna.barzotti@googlemail.com)

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## **Arts Council**

Telephone: 0845 300 6200

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

### **Services**

South East area list of events etc covering Combined art Dance Literature Music Theatre Visual Arts.

### **Details**

Funding available for projects.

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## **Pallant House Community Programme**

Pallant House Gallery, 9 North Pallant, Chichester

Telephone: 01243 770835

[www.pallant.org.uk](http://www.pallant.org.uk)

### **Services**

Work with asylum seekers, homeless people and other vulnerable groups to engage with a range of arts initiatives including furniture re use project. (Stonepillow Restore) Solo exhibitions of art work Disability Arts Online (DOA) for groups to publish and showcase their work.

.....

## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

[www.chichestergov.uk](http://www.chichestergov.uk)

### **Services**

See education and learning / leisure and culture sections A-Z of services.

.....

## **Pallant House Gallery**

9 North Pallant, Chichester PO19 1TJ

Telephone: 01243 774557

Email: [info@pallant.org.uk](mailto:info@pallant.org.uk)

[www.pallant.org.uk](http://www.pallant.org.uk)

### **Services**

Rich programme of events, visits, workshops, talks and other activities throughout the year.

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## **Creative West Sussex**

Email: [info@creativewestsussex.com](mailto:info@creativewestsussex.com)

[www.creativewestsussex.com](http://www.creativewestsussex.com)

### **Services**

Free online network and showcase for the arts & creative community in West Sussex .

Includes:

- Directory • News • Events • Spaces • Opportunities • Information and Advice • Newsletter.

### **Details**

Click onto the website for details and email the contact address. Can do online application to join. Select the 'About' page for link. If you're a creative of any kind, be it an artist, producer, creative organisation, creative business or venue, you can create a profile page and showcase your work to others in West Sussex.

.....

## **MIND**

Chichester Area Forum House Business Centre, Stirling Road, Chichester

Telephone: 01243 787878

Email: [tonihaynes@chichestermind@f2s.com](mailto:tonihaynes@chichestermind@f2s.com)

### **Details**

- Information and support.
  - Work skill preparation.
  - Links to SDRO Project are by Self referral or via health professional.
- .....

## **Growing Artists**

Telephone Indy Rosekilly: 079566 79367

Email: [growingartistsenquiry@gmail.com](mailto:growingartistsenquiry@gmail.com)

### **Services**

Various ways the can used for people.

Music, writing dance, drama, art etc.

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## **Aldingbourne Trust – Creative Arts Studio**

No 64, The High Street, Bognor PO21 1SP

Telephone Helen Rawlings: 01243 838535

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

### **Services**

Tuition on a wide range of craft activities for people with a learning disability.

### **Details**

Morning and afternoon sessions – see website for details.

.....

## Arts Council

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

### Details

Search on the website for local arts councils, projects and events.

.....

## West Sussex Adult Education

[www.westsussex.gov.uk/adulteducation](http://www.westsussex.gov.uk/adulteducation)

### Services

- Part time adult education across area.
- Excellent range of courses.
- Search and book courses online and brochures can be ordered.

### Details

Courses facilitated in community locations such as libraries and schools. All students over 18 years old. Fee concessions for individuals in receipt of benefits.

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## Creative West Sussex

Email: [info@creativewestsussex.com](mailto:info@creativewestsussex.com)

[www.creativewestsussex.com](http://www.creativewestsussex.com)

### Services

Includes:

- Directory • News • Events • Spaces • Opportunities • Information and Advice • Newsletter.

### Details

Can do online application to join. If you're a creative of any kind, be it an artist, producer, creative organisation, creative business or venue, you can create a profile page and showcase your work to others in West Sussex.

## West Sussex Arts and Health Network

Telephone Anna Barzotti Arts and Health Coordinator: 07565 345156 P/T: Tuesday, Thursday and Friday

Email: [anna.barzotti@googlemail.com](mailto:anna.barzotti@googlemail.com)

### Services

Range of inclusive art projects across all disadvantaged groups.

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## Sunny Arts

Telephone Will Geffin: 07796 005857

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

### Services

Produce plays about social issues with community groups. Video, film and live performance production company.

### Details

Some members of the team have disabilities and learning difficulties. List of current plays and live presentations available online e.g (keep taking the tablets) mental health problems.

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## **Sussex Partnership NHS Foundation Trust – Trust-wide Advisor for Arts Psychotherapies**

Telephone Joanna Stevens: 01273 621984 Extension: 2527 Mobile: 07768 005815  
Email: Joanna.Stevens@sussexpartnership.nhs.uk

### **Services**

Arts Psychotherapists including Drama, Music and Arts Psychotherapists substantive/bank.

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## **West Sussex Arts and Health Coordinator**

West Sussex Arts and Health Network  
Telephone: 07565 345156 P/T: Tuesday, Thursday and Friday  
Email: anna.barzotti@googlemail.com

### **Details**

Range of inclusive art projects across all disadvantaged groups.

.....

## **Arts Council**

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

### **Services**

Information on a range of combined arts, dance, literature, theatre and visual arts.

### **Details**

Search by clicking south east and by/or postcode for information.

.....

## **West Sussex Info**

[www.westsussex.info](http://www.westsussex.info)

### **Details**

Excellent resource of what's on in the local communities including events, workshops, clubs societies etc and can search by town/village.

.....

## **Heene Community Centre**

Worthing  
Telephone: 01903 209997

### **Services**

Range of Art/Craft/Music clubs/groups.

### **Details**

Friday morning drop in coffee morning. View activities on offer. Most activities low cost.

.....

## **Durrington Community Centre**

Worthing  
Telephone: 01903 268287

### **Services**

Range of Art/Craft/Music clubs/groups and drop in coffee shop.

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## **East Worthing Community Centre**

Pages Lane, Worthing  
Telephone: 01903 212855

### **Services**

Range of Art/Craft/Music clubs/groups.

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## **Northbrook Barn Community Centre**

Squadron Drive, Worthing, West Sussex BN13 3SL  
Telephone: 01903 691761

### **Services**

Range of fitness/yoga/Tai Chi/pilates groups Christianity group.

### **Details**

Situated on housing estate N/E area of Worthing.

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## **St Paul's Community Centre**

St Pauls Church, 55 Chapel Road, Worthing BN11 1EE  
Telephone: 01903 200898

### **Services**

Local cafe and community venue and room hire available.

### **Details**

Town Centre Location.

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## **Arts Pick Me Up**

Telephone: 01243 753839  
Email: [jason.bradberry@westsussex.gov.uk](mailto:jason.bradberry@westsussex.gov.uk)

### **Services**

Artists based in West Sussex.

### **Details**

Free informal networking.

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## **Littlehampton Art Group**

Judith Simmons, 12 Burwash Close, East Preston BN16 1DP

### **Services**

Arts & Crafts for those interested in art in all medias with regular meeting and demonstrations, library/annual sale exhibition of members work.

### **Details**

Held at John de Bohun Room, The Woodlands Centre Rustington 2nd Saturday of every month 2.00 - 4.00pm.

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## **Stiches Needlework and Crafts Club**

Mrs Pat Turner, Angmering Framing & Stiches, The Square, Angmering BN16 4EA

Telephone: 01903 782202

### **Services**

Monthly meeting for club members and their visitors. Advice help and demonstration. There are also various discounts, special offers and newsletters.

### **Details**

Last Friday in every month 7.30 - 9.30pm.

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## **Creative West Sussex**

Email: [info@creativewestsussex.com](mailto:info@creativewestsussex.com)

[www.creativewestsussex.org](http://www.creativewestsussex.org)

### **Services**

Free online network and showcase for the arts & creative community in West Sussex.

Includes:

- Directory • News • Events • Spaces • Opportunities • Information and Advice • Newsletter.

Can do online application to join.

### **Details**

If you're a creative of any kind, be it an artist, producer, creative organisation, creative business or venue, you can create a profile page and showcase your work to others in West Sussex.

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## **Creative Writing Workshop – Unleash your Imagination**

Shoreham Library, St Mary's Road, Shoreham-by-Sea BN43 5ZA

Telephone Jennifer: 01273 454867

Email: [shoreham.library@westsussex.gov.uk](mailto:shoreham.library@westsussex.gov.uk)

### **Services**

An informal opportunity to write and discuss.

### **Details**

Alternate Fridays 10.00 - 11.30am.

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## **West Sussex Arts and Health Coordinator**

West Sussex Arts and Health Network

Telephone: 07565 345156 P/T: Tuesday, Thursday and Friday

Email: [anna.barzotti@googlemail.com](mailto:anna.barzotti@googlemail.com)

### **Details**

Range of inclusive art projects across all disadvantaged groups.

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## **The Shoreham Centre**

2 Pond Road, Shoreham-by-Sea BN43 5WU

Telephone: 01273 454686

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

### **Services**

- A community venue run by Shoreham Community Association.
- Cafe open Monday - Friday 9.00am - 4.00pm.
- Adur Community transport based here too.

### **Details**

- Regular activities run at the centre include dance, exercise and theatre.
  - Monthly Art & Craft fair, second Saturday of the month 9.00am-1.00pm.
  - Wednesday market 9.00am - 12.30pm.
- .....

## **MIND Manager: Lou Hastings**

8 - 10 Durrington Lane, Worthing BN13 2QG

Telephone: 01903 693047

### **And Manager: Carolyn Stubbs**

83 Little High Street, Worthing BN11 1DH

Telephone: 01903 529100

### **Services**

Day Services Peer Support Gardening Projects Housing support Range of Art/Craft/Music clubs/groups.

### **Details**

Requires SDS Funding.

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## **Rivendell Day Centre Littlehampton**

23 Maltravers Drive, Littlehampton BN17 5EY

Telephone: 01903 721893

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

### **Details**

- Requires SDS Funding.
  - Website links you to a range of Mental Health support agencies, locally and nationally.
- .....

## **Sussex Partnership Foundation NHS Trust for Arts Psychotherapies**

Telephone Joanna Stevens: 01273 621984 Extension: 2527 Mobile: 07768 005815

Email: [Joanna.Stevens@sussexpartnership.nhs.uk](mailto:Joanna.Stevens@sussexpartnership.nhs.uk)

### **Services**

Arts psychotherapists including drama, music and arts psychotherapists substantive/bank.

### **Details**

Link to range of inclusive arts projects nationally/locally.

.....

# Sport and leisure

## **GP Surgeries**

### **Services**

Gym prescription scheme.

### **Details**

GP referral letter required and taken to Kinetica Leisure.

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## **Gyms & Fitness Centres**

Information about all local gyms & fitness centres available on the following website:  
[www.escis.org.uk/search/brighton\\_and\\_hove\\_only/gyms](http://www.escis.org.uk/search/brighton_and_hove_only/gyms)

### **Services**

See individual gyms/centres for information.

### **Details**

Mix of private and council run centres.

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## **Healthwalks**

Sports Development, Kings House Grand Ave, Hove BN3 2LS

Telephone Corinna Edwards-Colledge, Scheme Coordinator: 01273 292564

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Services**

A range of short social walks that are led by volunteer walk leaders.

Designed to help people get the most out of walking for their physical & mental health. Free.

### **Details**

Volunteer Coordinator - Darren Currell.

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## **Local Sports Clubs**

[www.escis.org.uk/directory/all\\_areas/](http://www.escis.org.uk/directory/all_areas/)

### **Services**

Information about all local sports clubs available on the website. Follow the links to 'Leisure, Sports and Hobbies' and select 'sports, activities and clubs.

### **Details**

See individual Teams/clubs for information.

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## **East Brighton Health Living Referrals**

2nd Floor, Bartholomew House, Bartholomew Square, Brighton BN1 1JP

Health trainers:

Sarah Withers

East Brighton Healthy Living Referral Coordinator

East Brighton Healthy Living Referrals

Brighton and Hove City Council

Community Health Trainers

Telephone: 01273 290223

Fax: 01273 294542

### **Services**

One to one help with improving health for residents of East Brighton. Includes diet, exercise, mental health and substance misuse.

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## **Southdown Green Team**

18 Preston Park Ave, Brighton

Telephone: 01273 405865

[www.bhlp.org.uk/provider/southdown-green-team](http://www.bhlp.org.uk/provider/southdown-green-team)

### **Services**

Gardening Group.

### **Details**

Aims to support vulnerable people to achieve personal ambitions and develop new skills in horticulture.

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## **New Horizons**

The Allen Centre, 60 Sackville Gardens, Hove BN3 4GH

Telephone: 01273 265626

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

### **Services**

Various groups/courses including sports. Gardening – Wed & Sat all day. Table Tennis - Fri pm.

### **Details**

Open 7 days a week.

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## **Arun District Council**

Arun Civic Centre, Maltravers Road, Littlehampton

Telephone: 01903 737500

Email: [info@arun.gov.uk](mailto:info@arun.gov.uk)

[www.arun.gov.uk](http://www.arun.gov.uk)

### **Services**

Range of services listed under Living Working Enjoying.

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# Sports and leisure

## **West Sussex County Council**

General Enquiries: 01243 777100 24 Hour Info: 0845 7581232

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

### **Services**

Social Care A-Z of services.

### **Details**

Range of clubs etc listed under leisure section.

.....

## **Chichester District Council**

East Pallant House, East Pallant, Chichester

Telephone: 01243 785339

Email: [contact@chichester.gov.uk](mailto:contact@chichester.gov.uk)

### **Services**

See leisure and culture section A-Z of services.

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## **Westgate Leisure**

Chichester

Telephone: 01423 785651, Bourne: 01243 376101

[www.chichester.gov.uk](http://www.chichester.gov.uk)

### **Services**

Leisure facilities including Health & Fitness centres, swimming and a range of classes.

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## **Bersted Green Learning Centre**

Hazel Road

Telephone Gez Watson: 01243 860034

### **Services**

Exercise class designed especially for older people who suffer from mobility or health problems.

### **Details**

Friday mornings 10.30 till 11.30 Relaxed friendly and fun £2.00 per session.

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## **MIND**

Chichester Area, Forum House Business Centre, Stirling Road, Chichester

Telephone: 01243 787878

Email: [tonihaynes@chichestermind@f2s.com](mailto:tonihaynes@chichestermind@f2s.com)

### **Services**

Information and support Work skill preparation Links to SDRO project Self referral or via health professional.

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# Sports and leisure

## **Stomp Disco**

Chichester Hospitals Social Club, Graylingwell Hospital, Tozer House

Telephone Mo: 01243 776703

### **Services**

Disco first Friday of the month.

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## **Riverside Disco**

Riverside Caravan Park, Bognor Regis

Telephone: 01243 866071

### **Services**

Disco - 2nd Friday of the month.

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## **Gateway/Links Club**

Apuldram Country Centre

Telephone: 01243 783370

### **Services**

Meet every Monday in term time, 7.00pm - 9.00pm.

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## **All Sports Club**

At the Venue in Bognor Regis or Chichester High School for Boys

Telephone Anthony Stewart: 01243 528842 / 01243 786193 / 01243 779075

### **Services**

Wednesdays 6.00pm - 9.00pm.

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## **Swimming Otters**

Chichester Westgate Leisure Centre

Telephone: 01243 783702 / 01243 604836

### **Services**

Every Saturday 4.30 - 5.30.

### **Details**

Leisure Membership £8.00 each, swim £1.50 for disabled adults and children and their families.

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## **Starburst**

Wrenford Centre

Telephone: 01243 788544

### **Services**

Dance, drama, filming 4.30 - 6.30 or 6.30 - 8.30pm.

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## **Crawley Borough Council**

Telephone: 01293 438000

[www.crawley.gov.uk](http://www.crawley.gov.uk)

### **Services**

Web link to Leisure Centres, museums, parks and community centres etc.

### **Details**

Has further links to other websites relating to a variety of events and activities in the Crawley area.

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## **K2 Leisure Centre**

Pease Pottage Hill, Crawley, West Sussex RH11 9BQ

Telephone: 01293 585300

Email: [k2enquiries@freedom-leisure.co.uk](mailto:k2enquiries@freedom-leisure.co.uk)

[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### **Services**

A range of sport and leisure, fitness opportunities for all ages. Entertainment and training opportunities.

### **Details**

Hire venue available. Over 60 exercise classes, climbing wall, cafe, shop. Outdoor athletics stadium.

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## **Walking for Health**

Mid Sussex: Vanessa Head/Katie Chatfield, Park Rangers

Telephone: 01444 477561

Email: [rangers@midsussex.gov.uk](mailto:rangers@midsussex.gov.uk)

Mid Sussex District Council, Oaklands Road, Haywards Heath, West Sussex RH16 1SS

[www.midsussex.gov.uk/page](http://www.midsussex.gov.uk/page)

Telephone: 01293 550730

Email: [barrywildish@sussexwt.org.uk](mailto:barrywildish@sussexwt.org.uk)

[www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

### **Services**

Level 1 to 3 Graded walking Level 1 and 2 walks last approx one hour. Goffs Park and Tilgate Park and Buchan Park walks are on Tuesdays, Cherry Lane Recreation Field and Broadfield walks are on Wednesdays. Maidenbower walk is on Fridays. Level 3 walks may be longer and faster and occur on various days of the week. Mid Sussex Healthy Walks These are led by a park ranger and have a back marker to ensure no one gets left behind. Mid Sussex Grade their levels from 1 to 5.

### **Details**

This website provides downloadable program of walks in Mid Sussex:

[www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

From Mid Sussex District Council website you can download information leaflet.

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## **Horsham Leisure Centre – Pavilions in The Park**

Hurst Road, Horsham Park, Horsham, West Sussex RH12 2DF

Telephone: 01403 219200

Fax: 01403 21920

Email: [enquiries@thepavilionsinthepark.co.uk](mailto:enquiries@thepavilionsinthepark.co.uk)

[www.horsham.gov.uk/leisure](http://www.horsham.gov.uk/leisure)

### **Services**

Opening Times and Prices. The centre is open 7 days a week from Monday - Sunday. For information on current opening times and prices please visit the main website at [www.thepavilionsinthepark.co.uk](http://www.thepavilionsinthepark.co.uk).

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## **Local Arts Groups**

Email: [arts@midsussex.gov.uk](mailto:arts@midsussex.gov.uk)

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## **Shelleys Woodlanders**

Telephone: 01403 247412

### **Services**

Woodland management and conservation using traditional skills; also woodland crafts e.g. charcoal burning, pole lathe turning etc.

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## **Horsham District Council**

Telephone: 01403 215100

[www.horsham.gov.uk](http://www.horsham.gov.uk)

### **Services**

Website with links to useful information.

### **Details**

At the bottom of home page are links to 'Leisure and Tourism' pages, which include sports, leisure, arts and entertainment etc.

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## **Pavilions in The Park**

Hurst Road, Horsham Park, Horsham RH12 2DF

Telephone: 01403 219200

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

### **Services**

The centre is open 7 days a week from Monday - Sunday.

### **Details**

For information on current opening times and prices visit the main website.

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# Sports and leisure

## **Broadbridge Heath Leisure Centre**

Wickhurst Lane, Broadbridge Heath, Horsham RH12 3YS

Telephone: 01403 211311

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

### **Services**

Open Monday Friday 7.00am - 10.30pm.

Saturday 8.30am - 8.00pm.

Sunday 8.30am - 10.30pm.

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## **The Dolphin**

Pasture Hill Road, Haywards Heath, West Sussex RH16 1LY

Telephone: 01444 457337

Email: [dolphinenquiries@freedom-leisure.co.uk](mailto:dolphinenquiries@freedom-leisure.co.uk)

[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### **Services**

A range of sporting and leisure opportunities.

### **Details**

Easy to use freedom website directs you to a range of sports & leisure clubs/events and opportunities and entertainment.

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## **Horsham Boom Tribe**

Horsham Youth Centre, Hurst Road RH12 2DN

Email: [nickjenkin@horsham.gov.uk](mailto:nickjenkin@horsham.gov.uk)

### **Services**

New samba band is being set up – new members required. Novices and experienced musicians welcome.

### **Details**

Meet every Tuesday 7.45 - 9.30. Lots of equipment available.

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## **The Capitol Cinema**

North Street, Horsham, West Sussex RH12 1RG

Telephone the Box Office: 01403 750220

[www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)

### **Services**

Autism-friendly Movie Screenings. Reduced sound, improved lighting, freedom to come and go.

### **Details**

Last Friday of the month. 10.00am - 12.00 noon. £4.

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## **Wey and Arun Canal Trust**

The Granary, Flinchfold Farm, Loxwood, Billingshurst RH14 0RH

Telephone: 01403 752403

Email: [office@weyandarun.co.uk](mailto:office@weyandarun.co.uk)

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

### **Services**

The Trust is working to restore the 23 miles of canal between the Rivers Wey and Arun, linking 3000 miles of inland waterways with the English Channel.

The restored waterways offer opportunities for walking and cycling, as well as activities such as photography and angling. New members welcome.

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## **Netball**

Summerfields Leisure Centre, Bohemia Road, Hastings

Telephone: 01424 451051

Email [activehastings@hastings.gov.uk](mailto:activehastings@hastings.gov.uk)

[www.activehastings.org.uk](http://www.activehastings.org.uk)

### **Services**

Join in for a friendly throw around. For ages 17+ all levels welcome, including complete beginners.

### **Details**

Bring a new friend along and you'll both get one session free.

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## **Martial Arts Groups in the Hastings and Rother Area**

**Aikido Circle:** [www.aikidocircle.com](http://www.aikidocircle.com)

Our Lady of the Rosary Church Hall, Southlands Road, Bexhill on Sea, East Sussex TN39 5HG

**The Martial Arts Centre – Hastings:** [martialartshastings](http://martialartshastings) Telephone: 01323 416634

The Robsack Centre, Bodium Drive, St Leonards on Sea, Hastings, East Sussex TN38 9TW

### **Services**

The individual groups offer:

- Aikido Circle: Aikido is a martial art which also employs the use of sword and stick. An art closely linked to the samurai, affiliated to the British Aikido Board.
- The Martial Arts Centre – Hastings: Instruction in traditional martial arts, fitness and self-defence. Develops health, fun and confidence for people of all ages.

### **Details**

Contact the individual groups for information regarding membership and availability.

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## Golf Clubs in the Hastings and Rother Area

**Battle Golf Club:** [www.battlegolfclub.co.uk](http://www.battlegolfclub.co.uk) Telephone: 01424 775677  
Netherfield Hill, Battle TN33 0LH

**Beau Port Park Golf Course:** [www.beauportparkgolf.co.uk](http://www.beauportparkgolf.co.uk) Telephone: 01424 854245  
Battle Road, St. Leonards-on-Sea TN37 7BP

**Cooden Beach Golf Club:** [www.coodenbeachgc.com](http://www.coodenbeachgc.com) Telephone: 01424 842040  
Cooden Sea Road, Cooden, Bexhill-on-sea TN39 4TR

**Dale Hill Golf Club:** [www.dalehill.co.uk](http://www.dalehill.co.uk) Telephone: 01580 200112  
Dale Hill, Ticehurst, Wadhurst TN5 7DQ

**Highwoods Golf Club:** [www.highwoodsgolfclub.co.uk](http://www.highwoodsgolfclub.co.uk) Telephone: 01424 212770  
47, Ellerslie Lane, Bexhill-on-sea TN39 4LJ

**Sedlescombe Golf Club:** [www.sedlescombegolfclub.co.uk](http://www.sedlescombegolfclub.co.uk) Telephone: 01424 871700  
Kent Street, Sedlescombe, Battle TN33 OSD

### Services

The individual Clubs offer:

- Battle Golf Club: Open to members and visitors with golf lessons available.
- Beau Port Park Golf Course: Open to members and visitors.
- Cooden Beach Golf Club: Open to members and visitors.
- Dale Hill Golf Club: Golf course, gym and health club.
- Highwoods Golf Club: Golf course and social club.
- Sedlescombe Golf Club: Golf course.

### Details

Contact the individual clubs for details of joining and membership.

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## Sports for the Disabled in the Hastings and Rother Area

**Hastings Visually Handicapped Bowlers Club:** Telephone: 01424 852014  
Address: 9 Inglewood Gardens, East Sussex, St Leonards on Sea TN38 9SA

**Riding for the Disabled:** Jipling Country Carriage Driving Group: Telephone: 01424 838511  
Brightling, Brightling Road East Sussex, Perryfields TN32 5HB

**Riding for the Disabled Association (Pebsham 1066 Group):** [www.rda-southeastregion.org.uk](http://www.rda-southeastregion.org.uk)  
Telephone: 0845 241 6399 Bexhill On Sea, East Sussex TN40 2RZ

### Services

Hastings Visually Handicapped Bowlers Club: Bowls for the visually impaired.

Riding for the Disabled: Opportunities to take part in Horse Riding activities.

Riding for the Disabled Association: Opportunities to take part in Horse Riding activities.

### Details

Contact the individual groups for the latest information on joining, participating and pricing.

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# Sports and leisure

## Leisure Centres in the Hastings and Rother Area

**Battle Sports Centre:** [www.battlesportscentre.com](http://www.battlesportscentre.com) Telephone: 01424 774772  
Battle, North Trade Road TN33 0HT

**Bexhill Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01424 731171  
Email: [bexhillcentreenquiries@freedom-leisure.co.uk](mailto:bexhillcentreenquiries@freedom-leisure.co.uk)  
Down Road, Bexhill-on-Sea East Sussex TN39 4HS

**Bexhill Leisure Pool:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01424 731508  
Email: [bexhillpoolenquiries@freedom-leisure.co.uk](mailto:bexhillpoolenquiries@freedom-leisure.co.uk)  
Ravenside Retail Park, Bexhill-on-Sea, East Sussex TN40 2JS

**Falaise Fitness Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01424 457692  
Email: [falaiseenquiries@freedom-leisure.co.uk](mailto:falaiseenquiries@freedom-leisure.co.uk)  
Cambridge Road Hastings East Sussex TN34 1EU

**Helenswood Sports Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01424 755515  
Email: [helenswoodenquiries@freedom-leisure.co.uk](mailto:helenswoodenquiries@freedom-leisure.co.uk)  
The Ridge, Hastings, East Sussex TN37 7PS

**Summerfields Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01424 457691  
Bohemia Road, Hastings, TN34 1ET

## Services

The individual Leisure Centres offer:

- Battle Sports Centre: Sports hall, fitness gym, 3g artificial pitch, dance studio, climbing wall, netball, tennis, basketball and football.
- Bexhill Leisure Centre: Badminton, cricket, football, group exercise classes, netball, gym, basketball, short tennis, running, health and beauty, squash, table tennis and trampoline.
- Bexhill Leisure Pool: Swimming, group exercise classes, gym, health and beauty, splash-dance and table tennis.
- Falaise Fitness Centre: Gym and group exercise classes.
- Helenswood Sports Centre: Badminton, football, group exercise classes, netball, basketball and table tennis.
- Summerfields Leisure Centre: Swimming, badminton, health and beauty, football, roller disco, squash, splash-dance and trampoline.

## Details

Contact the individual Leisure Centres for membership and pricing details.

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## Horse Riding

**Hamsey Riding School:** [www.riding-schools.com/c/east-sussex/lewes/hamsey-riding-school](http://www.riding-schools.com/c/east-sussex/lewes/hamsey-riding-school)  
Telephone: 01273 477120  
Brighton Road, Lewes, East Sussex BN7 3JH

**Pebsham Riding School:** [www.pebshamec.co.uk](http://www.pebshamec.co.uk) Telephone: 01424 732637  
Pebsham Lane, Bexhill On Sea, East Sussex TN40 2RZ

**Petley Wood Equestrian Centre:** [www.petleywoodequestrian.co.uk](http://www.petleywoodequestrian.co.uk) Telephone: 01424 871677  
Petley Farm, Marley Lane, Battle, East Sussex TN33 0RE

Pony Maloney: [www.netmums.com/east-sussex/local/view/after-school-activities/horse-riding/pony-maloney](http://www.netmums.com/east-sussex/local/view/after-school-activities/horse-riding/pony-maloney)  
Telephone: 01825 872600  
Broad Oak Barn, East Sussex, Lewes, Whitesmith BN8 6JG

**Rottingdean Riding School:** [www.riding-schools.com/c/east-sussex/brighton/rottingdean-riding-school-and-livery-yard/](http://www.riding-schools.com/c/east-sussex/brighton/rottingdean-riding-school-and-livery-yard/) Telephone: 01273 302155  
Chailey Avenue, Rottingdean, Brighton, BN2 7GH

## Services (Horse Riding)

The individual organisations offer:

- Hamsey Riding School: Riding lessons and other equine facilities, stables, dressage and saddlery.
- Pebsham Riding School: Riding Lessons.
- Petley Wood Equestrian Centre: Riding School.
- Pony Maloney: Riding Lessons.
- Rottingdean Riding School: Riding Lessons.

## Details

Contact each individual organisation for details and pricing information.

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## Motcombe Pool

Telephone: 0845 2671200

[www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/motcombe/](http://www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/motcombe/)

## Services

Motcombe Swimming Pool offers a range of sessions for different groups of people such as aqua splash exercise classes and exclusive senior citizen sessions.

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## Hampden Park Sports Centre

Brodrick Road, Eastbourne BN22 9RQ

Telephone: 01323 509859

[www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/hampden-park](http://www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/hampden-park)

## Services

Hampden Park Sports Centre is a dual use centre with many facilities, a gym, indoor and outdoor courts and regular sport and fitness classes.

## Details

Activities include Football, Basketball, Badminton, Tennis, Netball, Squash, Table Tennis, Martial Arts, Cricket and Volleyball.

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## Cavendish Sports Centre

Eldon Road, Eastbourne BN21 1UE

Telephone: 01323 647683

[www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/cavendish](http://www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/cavendish)

## Services

Cavendish Sports Centre offers a variety of sports and activities for both adults and children. Facilities include a large Sports Hall, a Dance Studio and a Gym.

## Details

Activities include Badminton, Football, Basketball, Volleyball and Dance.

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## **Eastbourne Netball Club**

Eastbourne Sports Park, Cross Levels Way, Eastbourne BN21 2UF

Telephone: 07790 566845

Email: [info@eastbourne-netball.com](mailto:info@eastbourne-netball.com)

### **Services**

Eastbourne Netball Club is open to adults of all ages. The club currently runs on a Monday evening from 7.30-9.30pm.

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## **Walks in the Wealden District**

[www.wealden.gov.uk](http://www.wealden.gov.uk)

### **Services**

Held through out East Sussex these are a variety of guided group walks around local areas that are led by experience walkers, community groups or councils.

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## **Shinewater Sports and Community Centre**

Milfoil Drive, Eastbourne, East Sussex BN23 8ED

Telephone: 01323 768614

[www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/shinewater](http://www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/shinewater)

### **Services**

The facility has:

- A three-court sports hall.
- Studio.
- A range of regular sport and fitness classes.

### **Details**

Activities include Badminton, Football, Table Tennis, Martial Arts and Over 50's Classes.

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## **Eastbourne Sports Park**

Telephone: 01323 649214

[www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/sports-park](http://www.eastbourne.gov.uk/residents/leisure-and-events/sports-and-leisure-centres/sports-park)

### **Services**

Eastbourne's Sports Park offers a variety of outdoor and indoor sports courts, pitches and tracks, including an astro turf pitch and grandstand.

### **Details**

Activities include Rugby, Cricket, Rounders, Stoolball and Athletics.

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## **Exercise – Dance**

99 Wilton Avenue, Eastbourne BN22 9HX

Telephone Yvonne Wright: 01323 500052 Mobile: 07778 335005

Email: Yvonnewright51@btinternet.com

## **Services**

Ballroom, Salsa, Freestyle, Latin American, Rock “n” Roll, C & W Line Dancing.

## **Details**

Sport and fitness provider who has received mental health awareness training. Referrals from members of the CMHT.

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## **Asterix Gym**

Asterix Fitness Centre, 125, Seaside Road, Eastbourne BN21 3PH

Telephone: 01323 739600

Email: Melaniegym@hotmail.com

## **Services**

- Weights/Cardio.
- Boxing/Thai boxing.
- General Fitness.
- Ladies only as well as mixed gym classes.

## **Details**

Sports and fitness provider who has received mental health awareness training. Referrals from members of the CMHT.

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## **Fitness Instructor – Georgina Hammans**

12 Trujillo Court, Callao Quay, North Harbour, Eastbourne BN23 5AB

Telephone: 0794 9831276

Email: ginahammans@hotmail.com

## **Services**

Fitness Instructor, Sport and exercise, nutrition, physiologist.

## **Details**

Sports and fitness providers who have received mental health awareness training. Referrals from members of the CMHT.

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## **Spray Water Sports**

Spray Water Sports, Royal Parade, Eastbourne BN22 7LD

Telephone: 01323 417023

Email: Spray.watersports@eastsussex.gov.uk

# Sports and leisure

## Services (Spray Water Sports)

The organisation offer the following activities:

- Windsurfing.
- Sailing.
- Canoeing.
- Powerboat Training.

## Details

Sports and fitness providers have received mental health awareness training. Referrals from the CHMT.

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## Pilates

79 North Way, Seaford, East Sussex BN25 3HP

Telephone: 01323 492350

Email: [patriciarobertson@yahoo.co.uk](mailto:patriciarobertson@yahoo.co.uk) or [tricia@pilatesofseaford.co.uk](mailto:tricia@pilatesofseaford.co.uk)

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

## Services

Pilates Classes for people of all ages.

## Details

Sports and fitness providers have received mental health awareness training. Referrals from the CMHT.

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## Leisure Centres in Eastbourne and Hailsham

**David Lloyd Club:** [www.davidlloyd.co.uk](http://www.davidlloyd.co.uk) Telephone: 01323 509802

Broadwater Way, Eastbourne BN22 9PZ

**Hailsham Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01323 846755

Vicarage Lane, Hailsham BN27 2AX

**Pleasant Rise Farm:** [www.pleasant-rise-farm.co.uk](http://www.pleasant-rise-farm.co.uk) Telephone: 01323 870545

The Stables, Pleasant Rise Farm, Cuckmere Road, Alfriston BN26 5TN

**Sovereign Centre:** [www.eastbourneleisurecentres.com/Sovereign\\_centre](http://www.eastbourneleisurecentres.com/Sovereign_centre) Telephone: 0845 267 1200. Royal

Parade, Eastbourne BN22 7LQ

## Services

The individual Leisure Centres offer:

- David Lloyd Club: Racquets, Gym, Beauty Salon: Spa, Sauna and Steam Room, Classes: Dance, Holistic and Weight-Loss, Personal Training and Swimming.
- Hailsham Leisure Centre: Gym, Swimming, Beauty: Sauna, Holistic and Steam Room.
- Pleasant Rise Farm: Tennis, Badminton, Walking and Cycling.
- Sovereign Centre: Gym, Swimming and Workout Classes.

## Details

Contact each of the local Leisure Centres for details of membership and joining.

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## **Knockhatch Ski and Snowboard Centre**

Hempstead Lane, Hailsham BN27 3PR

Telephone: 01323 843344

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

### **Services**

A dry ski and snowboard centre.

### **Details**

It has a range of slopes to suit all levels of ability. Lessons are also available.

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## **Golf Clubs in the Lewes, Newhaven and Seaford Area**

**Lewes Golf Club:** [www.lewesgolfclub.co.uk](http://www.lewesgolfclub.co.uk) Telephone: 01273 483474

Chapel Hill, Lewes BN7 2BB

**Peacehaven Golf Club:** [www.peacehavengc.com](http://www.peacehavengc.com) Telephone: 01273 514049

Brighton Road, Newhaven BN9 9UH

**Seaford Golf Club:** [www.seafordgolfclub.co.uk](http://www.seafordgolfclub.co.uk) Telephone: 01323 892442

Firle Road, Seaford BN25 2JD

**Seaford Head Golf Course:** [www.seafordheadgolfcourse.co.uk](http://www.seafordheadgolfcourse.co.uk) Telephone: 01323 890139

Southdown Road, Seaford BN25 4JS

### **Services**

The individual clubs offer:

- Lewes Golf Club: Open to members and visitors with lessons and 'try golf for beginners'.
- Peacehaven Golf Club: Golf course with gym and fitness centre.
- Seaford Golf Club: Open to members and visitors.
- Seaford Head Golf Course: Offer 'golf academy' lessons.

### **Details**

Contact each of the individual clubs for details about joining and membership.

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## **Golf Clubs in Hailsham, Uckfield and Crowborough Areas**

**Boars Head Golf Centre:** [www.boarsheadgolfcentre.co.uk](http://www.boarsheadgolfcentre.co.uk) Telephone: 01892 664545

Boars Head, Crowborough TN6 3HD

**Crowborough Beacon Golf Course:** [www.cbgc.co.uk/mobilesite](http://www.cbgc.co.uk/mobilesite) Telephone: 01892 661511

Beacon Road, Crowborough TN6 1UJ

**Dewlands Golf Club:** Web: <http://www.dewlandsmanorgolfcourse.co.uk> Telephone: 01892 852266

Cottage Hill, Rotherfield, Crowborough TN6 3JN

**East Sussex National Golf Resort:** [www.eastsussexnational.co.uk/golf/about](http://www.eastsussexnational.co.uk/golf/about) Telephone: 01825 880088

Little Horsted, Uckfield TN22 5ES

**Horam Park Golf Club:** [www.horamparkgolfclub.co.uk](http://www.horamparkgolfclub.co.uk) Telephone: 01435 813477

Chiddingly Road, Horam, Heathfield TN21 0JJ

**Piltdown Golf Club:** [www.piltdowngolfclub.co.uk](http://www.piltdowngolfclub.co.uk) Telephone: 01825 722033

Piltdown, Uckfield TN22 3XB

**Wellshurst Golf and Country Club:** [www.wellshurst.com](http://www.wellshurst.com) Telephone: 01435 813636

North Street, Hellingly, Hailsham BN27 4EE

## Services (Golf Clubs in Hailsham, Uckfield and Crowborough Areas)

The individual clubs offer:

- Boars Head Golf Centre: Golf course and driving range.
- Crowborough Beacon Golf Course: Open to members and visitors.
- Dewlands Golf Club: Open to members and visitors.
- East Sussex National Golf Resort: Golf course with health and spa centre.
- Horam Park Golf Club: Golf course and driving range with special days for children's events.
- Piltdown Golf Club: Open to members and visitors with a golf academy.
- Wellshurst Golf and Country Club: 18 hole course.

### Details

Contact each individual club for details about joining and membership.

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## Leisure Centres in the Lewes Area

**Isenhurst Country Club:** [www.isenhurst.co.uk](http://www.isenhurst.co.uk) Telephone: 01435 868616  
Isenhurst Health Club, Cross-in-hand, Heathfield, East Sussex TN21 0UE

**Lewes Leisure Centre:** [www.waveleisure.co.uk/lewes-leisure-centre](http://www.waveleisure.co.uk/lewes-leisure-centre) Telephone: 01273 486000  
Mountfield Road, Lewes BN7 2XG

**Pells Pool:** [www.pellspool.org.uk](http://www.pellspool.org.uk) Telephone: 01273 472334  
Brook Street, Lewes BN7 2BA

**Ringmer Swimming Pool:** [www.waveleisure.co.uk/ringmer-swimming-pool](http://www.waveleisure.co.uk/ringmer-swimming-pool) Telephone: 01273 813533  
Lewes Road, Ringmer, East Sussex BN8 5RB

**Southdown Sports Club:** [www.southdownsportsclub.co.uk](http://www.southdownsportsclub.co.uk) Telephone: 01273 480630  
Cockshut Road, Lewes BN7 3PR

### Services

The individual Leisure Centres offer:

- Lewes Leisure Centre: Gym, 25m Swimming Pool, Flume, Toddler/teaching Pool, Sports Halls, Projectile Hall, Beauty: Sauna, Sunbed, Indoor Climbing Wall, Soft Play and Outdoor Athletics Track.
- Isenhurst Country Club: Health and Fitness, Aerobic, Gym, Dance, Beauty: Sauna and Cardio-Therapy.
- Pells Pool: This outdoor pool is closed during the winter months.
- Ringmer Swimming Pool: Disabled access ramp and entrance doors, Dedicated changing facility with shower and toilet, Chair hoist access to pool, All facilities on a single floor level.
- Southdown Sports Club: Tennis, Hockey, Squash, Gym, Body align, Sports Therapy and Pilates.

### Details

Contact the individual Leisure Centres for details and pricing information.

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## Leisure Centres in the Seaford, Peacehaven and Newhaven Areas

**Downs Leisure Centre:** [www.waveleisure.co.uk](http://www.waveleisure.co.uk) Telephone: 01323 490011  
Sutton Road, Seaford BN25 4QW

**Peacehaven Leisure Centre:** [www.waveleisure.co.uk/peacehaven-leisure-centre](http://www.waveleisure.co.uk/peacehaven-leisure-centre) Telephone: 01273 588858  
Greenwich Way, Peacehaven BN10 8BB

**Seahaven Swim and Fitness Centre:** [www.waveleisure.co.uk/seahaven-swim-a-fitness-centre](http://www.waveleisure.co.uk/seahaven-swim-a-fitness-centre)  
Telephone: 01273 512498  
Chapel Street, Newhaven, East Sussex BN9 9PN

**Seaford Head Sports Facility:** [www.waveleisure.co.uk/seaford-head-sports-facility](http://www.waveleisure.co.uk/seaford-head-sports-facility)  
Steyne Road, Seaford, East Sussex BN25 1AL

### Services

The individual Leisure Centres offer:

- Downs Leisure Centre: Gym, Sports & Activity Halls, Outdoor 3G All-weather Pitch, Soft Play (Dino's,) Aerobics Studio and Nearby Pool at Seaford Head Pool.
- Peacehaven Leisure Centre: Gym, Sports and Activity Halls, Soft Play - Magic Castle, Aerobics Studio and Squash Courts.
- Seahaven Swim and Fitness Centre: Gym (inc Exercise Classes,) 25m Swimming Pool and Toddler/teaching Pool.
- Seaford Head Sports Facility: Sports Hall, Dance Studio and Climbing Wall.

### Details

Contact each of the individual Leisure Centres for details and pricing information.

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## Leisure Centres in the Uckfield and Crowborough Area

**Crowborough Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01892 665488  
Eridge Road, Crowborough TN6 2TN

**Heathfield Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01435 868824  
Cade Street, Old Heathfield, East Sussex TN21 8RJ

**Isenhurst Health Club:** [www.isenhurst.co.uk](http://www.isenhurst.co.uk) Telephone: 01892 661777  
Farningham Road, Jarvis Brook, Crowborough, East Sussex TN6 2JD

**Isenhurst Health Club:** [www.isenhurst.co.uk](http://www.isenhurst.co.uk) Telephone: 01825 749496  
Bell Lane, Uckfield, East Sussex TN22 1QL

**Uckfield Leisure Centre:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk) Telephone: 01825 761160  
Downsview Crescent, Uckfield TN22 1UB

### Services

The individual Centres offer:

- Crowborough Leisure Centre: Swimming, badminton, football, gym, group exercise classes, gymnastics, running, health and beauty, splashdance, table tennis and trampolining.
- Heathfield Leisure Centre: Badminton, football, group exercise classes, gym, gymnastics, running and table tennis.
- Isenhurst Health Clubs: Gym, Dance, Cardio-Therapy and Beauty.
- Uckfield Leisure Centre: Swimming, Gym, Exercise Classes and Beauty: Sauna and Health suites.

### Details

Contact each Leisure Centre for details and pricing information.

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## **Bowles Centre**

Sand Hill Lane, Eridge Green, Tunbridge Wells TN3 9LW

Telephone: 01892 665665

[www.bowles.ac/outdoor-activities](http://www.bowles.ac/outdoor-activities)

### **Services**

The Centre offers:

- Skiing.
- Rock Climbing.
- Canoeing.

### **Details**

Contact the Centre for details of pricing information.

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## **Pilates Classes in the Eastbourne and Wealden Area**

**Emma's Pilates:** [www.facebook/E E Pilates](http://www.facebook/E E Pilates) Telephone: 07817 308 288

Contact: Emma Peters, Email: [eepilates@gmail.com](mailto:eepilates@gmail.com)

15 York Rd, Little Chelsea, Eastbourne East Sussex BN21 4ST

Equilibrium Health Centre: [www.netmums.com/brighton/local/view/classes-for-you/pilates-and-yoga/pilates-10-week-course](http://www.netmums.com/brighton/local/view/classes-for-you/pilates-and-yoga/pilates-10-week-course) Telephone: 01273 470955

16 Station Street, Lewes East Sussex BN7 2DB

### **Services**

- Emma's Pilates: Classes are run at Cavendish School Studio and Ocklynge School Theatre, One to one sessions available in your own home, Tutor qualified to Level 3, Referrals can be made by a GP.
- Equilibrium Health Centre: A 10-week course.

### **Details**

30 minute postural assessment for all when you sign up to a course. Try before you buy policy of a one-off class if you haven't done Pilates before.

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## **The Saffrons**

Compton Place Rd, Eastbourne BN21 1EA

Telephone: 01323 724328

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

### **Services**

The Saffrons has 22 acres of playing fields which includes a floodlit Astro turf pitch.

The grounds include the following clubs:

- Eastbourne Cricket Club.
  - Eastbourne Hockey Club.
  - Eastbourne Town Football Club.
  - Compton Croquet Club.
- .....

## Healthy Eastbourne

[www.healthyeastbourne.org.uk](http://www.healthyeastbourne.org.uk)

### Services

The website contain information and links regarding clubs and activities for young people in the Eastbourne area. It contains details of:

- Skate parks, Skate Boards and BMX.
- Sports and Community Centres: Ballet, Street Dance, Cheerleading, Martial Arts and Parkours.
- Cycle Maintenance and Street Dance.
- Fishing and Water Sports.
- Football sessions run by YMCA and Albion in the Community.
- Dance – DJ sessions.
- Fit and Funky groups.
- Indoor Sports and Activities.
- Freestyle Gymnastics and Bushcraft sessions.

### Details

Visit the website to access information regarding times, cost and attendance of the various groups.

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## Sports for the Disabled in the Eastbourne and Wealden Areas

**Gym – Activate Gym (Chaseley Trust:)** [www.chaseley.org.uk](http://www.chaseley.org.uk) Telephone: 01323 744200  
Chaseley, East Sussex, Eastbourne, South Cliff BN20 7JH

**Horse Riding - Riding for the Disabled (Ashdown Forest Group:)** [www.rda-southeastregion.org.uk](http://www.rda-southeastregion.org.uk)  
Telephone: 0845 241 9364 Uckfield TN22 3DT

**Horse Riding: Riding for the Disabled (Heron Ghyll Carriage Driving Group:)**  
[www.heronsghyll-rda.co.uk](http://www.heronsghyll-rda.co.uk) Telephone: 0845 241 5347  
East Sussex, Lewes BN8 6HA

**Ringmer Swimming Pool:** [www.waveleisure.co.uk/ringmer-swimming-pool](http://www.waveleisure.co.uk/ringmer-swimming-pool) Telephone: 01273 813533  
Lewes Road, Ringmer, East Sussex BN8 5RB

**Skiing - The Southern Ski Club for the Disabled:** [www.sscd.org.uk](http://www.sscd.org.uk) Telephone: 07775687648  
Knockhatch, Hailsham By Pass East Sussex, Halisham, Knockhatch Ski And Snowboard Centre BN27 3GD

**Swimming - The Sovereign Disabled Group:** [www.eastbourneleisurecentres.com/motcombe/CLUBS\\_Index](http://www.eastbourneleisurecentres.com/motcombe/CLUBS_Index)  
Telephone: 01323 484165 Contact: Bob Gaulsdon.

### Services

- Activate Gym (Chaseley Trust:) Specifically built for wheelchair users the Gym provides people with physical disabilities the chance to work on body tone, posture and cardiovascular. Equipment includes: Glider/Cross Trainer, Treadmill, THERA-live trainers, Multi gyms, Parallel bars and an Adapted seat rowing machine.
- Riding for the Disabled: Contact the organisation for the latest information about participating.
- Ringmer Swimming Pool: Disabled access ramp and entrance doors, Dedicated changing facility with shower and toilet, Chair hoist access to pool, All facilities on a single floor level.
- The Southern Ski Club for the Disabled: Caters for the skier who is blind, paraplegic, has MS or special learning needs. SSCD can provide an adaptive means that makes it possible to give skiers a sense of achievement along with independence and self-confidence.
- The Sovereign Disabled Group: Details available from the contact.

## **Details (Sports for the Disabled in the Eastbourne and Wealden Areas)**

Contact the individual organisations for the latest information about joining, participating and pricing.

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### **Worthing Borough Council**

Telephone: 01903 239999

[www.worthing.gov.uk](http://www.worthing.gov.uk)

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

#### **Services**

Links to information pages, such as: Museums and Art Galleries, Leisure Centres, Theatre, and Gardens, Activities search Leisure centres Art Galleries.

#### **Details**

Can search for activities, groups and local events etc.

Worthing Leisure link page has details of sports activities at the four local centres: Worthing Leisure Centre, Aquarena, Davison Leisure Centre and Field Place. Follow the links to choose and book.

Useful Travel Link: This page includes a journey planner.

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### **Adur District Council**

Community and Wellbeing, Adur DC. Civic Centre, Ham Road, Shoreham-by-Sea

Telephone: 01273 263311

[www.adur.gov.uk/leisure](http://www.adur.gov.uk/leisure)

#### **Services**

Museums Activities search for Leisure centres, Art Galleries, events, entertainment, walking etc. via A-Z index.

#### **Details**

Can search for activities, groups and local events etc.

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### **Arun District Council**

[www.adur.gov.uk](http://www.adur.gov.uk)

#### **Services**

Museums Activities search Leisure centres Art Galleries.

#### **Details**

Can search for activities, groups and local events etc.

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### **David Lloyd Centre**

Romany Road, Worthing BN13 3DL

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

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## **West Sussex Info**

[www.westsussex.info](http://www.westsussex.info)

### **Services**

Excellent resource of what's on and things to do in the local communities including events, workshops, clubs, societies etc and can also search by town/village. List of theatre groups, choirs etc.

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## **Inspire Littlehampton Sports & Leisure Centre**

Sea Road, Littlehampton

Telephone: 01903 725451

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

### **Services**

Outdoor sports and activity linked sites.

### **Details**

Swimming pool.

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## **Impulse Leisure Centre – Lancing**

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

### **Services**

Fitness classes, gymnasium and courts.

### **Details**

Club locator on web site. Fitness suites/activities on site community development teams.

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## **Worthing Leisure Centre**

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

### **Services**

Fitness classes, gymnasium and courts.

### **Details**

Wide range of sport activities provided by borough council.

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## **Aquarena Swimming Pool**

Brighton Road, Worthing BN11 2EN

[www.worthingleisure.co.uk/worthingleisure/aq](http://www.worthingleisure.co.uk/worthingleisure/aq)

### **Services**

Fitness classes, gymnasium, swimming pool.

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## **Wick Conservation Volunteers**

Telephone: 01903 737929

### **Services**

Encouraging local people to carry out physical, practical conservation and environmental work. Aims to build self esteem and physical mental health.

### **Details**

Run by Arun District Council Parks and Green space service.

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## **Sing for your Life**

Telephone Carrie Reynolds: 01903 725451

### **Services**

Fun and friendly group singing with a chance to join an informal choir.

### **Details**

At the Windmill Community Arts Centre, Littlehampton for adults of all ages.

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## **Phoenix 50+ Friday Club**

Worthing Leisure Centre, Shaftsbury Avenue, Worthing

Telephone Mrs Jeanie Dickenson: 01903 502237

### **Services**

Range of sport/craft/art/Bridge clubs. Social gatherings and speakers.

### **Details**

Good value for money.

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## **Healthy Walks**

Telephone: 01903 725451

### **Services**

- Monday: 10am Hotham Park Bognor.
- Tuesday: 10.30am West Park, Aldwick, Bognor.
- Wednesday: 10.45 Littlehampton Swimming and Sports Centre.
- Thursday: 10am Arun Leisure Centre.
- Friday: 11am Mill Road car park, Arundel.

### **Details**

Guided walks lasting approx 45 mins. All you need to do is to turn up 10 minutes before the start. You will be required fill in a basic health questionnaire to initially register. Trained leaders will be there to take you on interesting walks through the countryside and along the beach.

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## **Age UK: Fit as a Fiddle Healthy Lifestyle Programmes**

Email Tony Lawrence: [tony.lawrence@ageukwestsussex.org.uk](mailto:tony.lawrence@ageukwestsussex.org.uk)

[www.ageukwestsussex.org.uk](http://www.ageukwestsussex.org.uk)

### **Services**

A range of active networks for people over the age of 50, to include indoor and outdoor physical activity, healthy eating and healthy lifestyles.

### **Details**

Anything from Tai Chi, Wii Sport, table tennis, to walking and allotment groups. For more details on Age UK see also Health and Wellbeing.

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## **Brighton & Hove Albion – Seagulls Specials: Making a Difference**

[www.seagulls-specials.org.uk](http://www.seagulls-specials.org.uk)

### **Services**

As well as holding football clubs and competitions across Sussex they also promote social interaction and awareness of health lifestyles.

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## **Brighton & Hove Albion – Albion in the Community Football Sessions**

Telephone Paul Brackley, Development Manager & Well-Being Coach Coordinator,  
Albion in the Community - Sport & Development and Health Mobile: 07880195515

Twitter: @AITCHealth

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

### **Services**

Mental Wellbeing Football Sessions aimed at Adults who have or have had a mental health problem.

Offering the chance to have fun and develop skills and fitness whilst being coached by an AITC coach.

The sessions also offer the opportunity to progress onto our Mental Wellbeing Representative squad who play in matches and tournaments.

### **Details**

Sessions are held at Worthing Leisure Centre on their 3G pitch and run every Friday from 2pm-3pm.  
Each session costs £3 (payable at reception) and open to all.

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## **Walking for Health**

[www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

[www.worthing.gov.uk](http://www.worthing.gov.uk)

### **Services**

Graded walks Level 1 - 3 across the locality with contact details.

### **Details**

No need to book.

Download a programme of walks by searching under walk-finder.

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## **Ultimate Pilates**

35 Angus Road, Goring by Sea  
Email: [info@ultimate-pilates.co.uk](mailto:info@ultimate-pilates.co.uk)

### **Services**

Pilates classes.

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## **Just Yoga**

22 Marine Parade, Worthing  
Telephone: 01903 820525

### **Services**

Yoga Classes.

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## **Bihar School of Yoga**

Flat 2, 33 Winchester Road, Worthing  
Telephone: 01903 820525

### **Services**

Yoga classes.

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## **Iyengar Yoga**

Telephone Jill Fuller: 01903 245742  
Email: [jillfuller@onetel.net.uk](mailto:jillfuller@onetel.net.uk)

### **Services**

Yoga classes.

### **Details**

Goring

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## **The Rowan Tree**

Steeple View, Pelham Road, Worthing  
Telephone: 01903 218022

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## **Combat Karate**

Chatsmore Catholic High School, Goring St, Goring  
Telephone: 01903 530264  
[www.combat-karate.com](http://www.combat-karate.com)

### **Details**

Evening Class.

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## **Strikes Kickboxing Club**

Heene Road Community Centre

Telephone: 01903 5336244

### **Services**

Kickboxing classes.

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## **Breakaway Singles Social Club**

Worthing

Telephone: 01403 275142

Email: post2..keith@gmail.com

[www. bwayc.blogspot.co.uk](http://www.bwayc.blogspot.co.uk)

### **Services**

Social evening for meeting single people, including dancing. Other events include; rambles, bike rides, BBQs, house parties and other social events held at various locations.

### **Details**

Tuesday Evenings 8.30pm-11.00pm.

Meet at Charles Dickens Pub, Heene Road, Worthing.

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## **Phoenix 50+ Friday Club**

Telephone Jeanie Dickinson: 01903 502237

### **Services**

Leisure activities for overs 50s.

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## **Fitsteps (Dance with the Stars)**

Telephone Rachel: 07792 565262

Email: [rachel.apps22@gmail.com](mailto:rachel.apps22@gmail.com)

[rachel.fitsteps@facebook.com](https://www.facebook.com/rachel.fitsteps)

### **Services**

Mondays 6pm - 7pm Heene Community Centre, 122 Heene Road Worthing.

Thursday 6.15 - 7.15 pm The Hope Centre - St Stephens Church, Angola Road,

Classes just £5.00 each with loyalty card scheme,

### **Details**

Fitsteps is a fun dance/fitness class created by the professionals of Strictly Come Dancing.

Learn the Jive, Cha Cha, Tango, Quickstep and much more!

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## **Impulse Leisure Southwick**

Impulse Leisure, Old Barn Way, Southwick, West Sussex BN42 4NT

Telephone Reception: 01273 238111 Membership: 01273 238117

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

### **Services**

Activities include:

- Badminton.
- Keep Fit.
- Swimming.

### **Details**

Impulse Leisure is a non-profit distributing organisation (NPDO), a charitable company providing leisure and recreation facilities to the local community.

Impulse Leisure's facilities are available for use by the entire community, either on a "pay-as-you-play" basis or via our various membership schemes. We offer a range of different membership options with discounts available for over 55s, junior/ youths, students and low income users.

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## **Worthing & District Piscatorial Society**

East Worthing Community Centre, Pages Lane, Worthing BN11 2NQ

Telephone Mr R. Baker: 01903 265899

[www.wdps.org.uk](http://www.wdps.org.uk)

### **Services**

We meet every third Tuesday of every two months from 7:30pm-10.00pm.

### **Details**

Established in 1955 by a group of local anglers; the club offers a broad spectrum of fishing for specimen, match and pleasure anglers.

The committee are mostly anglers and long-time members who work closely with the environment agency and local conservation societies to ensure that the waters and surrounding areas are kept as natural as possible.

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## **Adur Outdoor Activities Centre**

Brighton Road, Shoreham

Telephone: 01273 462928

Email: [info@aoac.org.uk](mailto:info@aoac.org.uk)

[www.aoac.org.uk](http://www.aoac.org.uk)

### **Services**

We offer a wide range of activities, opportunities and experiences to individuals and organisations.

From our 10m high indoor climbing wall, to kayaking and canoeing on the river Adur, to mountain biking across the South Downs, we have something for everyone no matter what age or ability.

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## **Ropetackle Arts Centre**

Telephone: 01273 464440

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

### **Services**

Ropetackle hosts many activities including:

- Film Club.
  - Jazz Workshops.
  - Salsa Classes.
  - Yoga.
  - Zumba.
- .....

## **Low Impact Running**

Telephone Dai Richards: 01273 382092

Email: [dai@stophurting.co.uk](mailto:dai@stophurting.co.uk)

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

### **Services**

Learn to run with ease. Dai Richards will show you how to apply some simple Alexander technique principles to your running. This will help you avoid joining the 70% of runners that suffer injury each year. If you are just starting out or are a seasoned runner there will be something for everyone.

### **Details**

Offers lessons in Shoreham (easy parking and public transport), Hove (next to the railway station) and Brighton.

To book a lesson with Dai or to make further enquiries with no obligation telephone or email.

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## **ASAD**

The Arena, Bognor Regis

Telephone Kate: 01243 583868

### **Services**

Sports club held every Sunday 2.00pm - 4.00pm.

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Sussex Partnership NHS Foundation Trust,  
Trust Headquarters, Swandean, Arundel Road,  
Worthing, West Sussex, BN13 3EP  
Main switchboard: 01903 843000  
Web: [www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)  
Email: [info@sussexpartnership.nhs.uk](mailto:info@sussexpartnership.nhs.uk)

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