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
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

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.

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Information Prescription
Telephone: 0800 013 0351
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.

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Sussex Counselling
PO Box 308, Brighton  BN2 OWA
Telephone: 01272 732 900
www.sussex-counselling.co.uk

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Threshold
79-83 North Street, Brighton  BN1 1ZA
Telephone: 01273 827001
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.

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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

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

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

Services
12 step programme – many local meetings in Brighton see website for details.
Health and wellbeing

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.

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

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.

Brighton Lesbian and Gay Switch Board
6 Bartholomews, Brighton  BN1 1HG
Helpline: 01273 204050
Counselling: 01273 202384
www.switchboard.org.uk/brighton

Services
Support and information provided by the Helpline for LGBC.

Brighton Oasis Project
22 Richmond Place, Brighton  BN2 9NA
Telephone: 01273 696970
Email: general@brightonoasisproject.co.uk
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

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
www.crusebereavementcare.org.uk

Services

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

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.

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

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
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.

**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

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

**Integrated Community Equipment Service (ICES)**
Belgrave Centre, Clarenden 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.
Health and wellbeing

**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.
Pathways to Health
15 New Road, Brighton  BN1 1UF
Telephone: 01273 720200
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 takes 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

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
www.samaritans.org

Services
Telephone support for any person who is suicidal or despairing.
Health and wellbeing

Stop Smoking Brighton and Hove
Telephone: 01273 267397
Email: stopsmoking@southdowns.nhs.uk

Services
Support to stop smoking.

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

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

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

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

**Details**
Age 13-25.

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**The Carer’s Centre**
18 Bedford Place, Brighton, East Sussex  BN1 2PT
Telephone: 01273 746222
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
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).

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**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  

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.

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  

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. Please note places are limited.

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  
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.
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
Health Care Professionals: 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.
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
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.

Free NHS Health Checks
Brighton & Hove City Council
Email: healthchecks@brighton-hove.gov.uk
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.
‘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.
Health and wellbeing

**Nightline**
Telephone: 0207 7631 0101
Email: listening@nightline.org.uk
www.nightline.org

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

**Substance Misuse Service**
26 Ditchling Road, Brighton  BN1 4SF
Telephone: 01273 242172
www.southdowns.nhs.uk

**Services**
Assessment and treatment for people with drug and alcohol problems.

**Sussex Community NHS Trust**
Telephone: 01273 574647
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.

**Sussex Partnership NHS Foundation Trust**
Telephone: 01903 843000
Email: info@sussexpartnership.nhs.uk
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

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.

Samaritans
Telephone: 08457 909090 or 01243 826333

Services
Telephone support.

Sussed About Drugs
www.sussedaboutdrugs.net

Services
Info about drugs and being safe.

BBC Headroom
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

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

Exact West Sussex Drug and Alcohol Service Users Projects
Telephone: 0872416485
Email: arun.exact@rocketmail.com

Services
Consultation project for people affected by drugs and alcohol. Aims to improve local services.
The Mindful Project
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.

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.

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.
British Dyslexia Association
Telephone: 0845 261 9002

RNID Royal National Institute for the Deaf
Telephone: 08088 080 123 Textphone: 08088 089 000 (both free)
www.mid.org.uk

Gamblers Anonymous National Helpline
Telephone: 08700 50 8880 (24 hours a day)
www.gamblersanonymous.org.uk

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

BEAT
Telephone: 0845 634 1414
Email: help@b-eat.co.uk

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

BEAT Youthline
Telephone: 0845 634 7650
Email: fyp@b-eat.co.uk

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

Overeaters Anonymous
Telephone: 07000 784985
National: 01273 890445

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

Youthline
Telephone: 0845 634 7650
Text: 07 977 493 345 (standard text rates)
Email: talkback@edauk.com

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

Age Concern Advocacy
Telephone: 01903 731800
Mobile: 01703 815700
Email: 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

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.

Overeaters Anonymous Group
Telephone Tangmere GP: 01243 77966
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.

Voice for Disability (West Sussex Association for Disabled People)
Telephone: 01903 244457
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.
Health and wellbeing

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

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
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.
**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  
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.

**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.

**NHS West Sussex**

www.westsussex.nhs.uk

**Services**

Free NHS Health check.

**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.
Sussex Partnership NHS Foundation Trust
Telephone: 01903 843000
Email: info@sussexpartnership.nhs.uk
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

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, Burgess Hill
Telephone Paloma King: 01444 255493
Email: paloma.king@westsussex.gov.uk

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

Nightline
Telephone: 0207 7631 0101
Email: listening@nightline.org.uk
www.nightline.org.uk
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.
Health and wellbeing

BBC Headroom
www.bbc.co.uk/headroom

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

NHS West Sussex Choices
www.westsussex.nhs.uk/transport
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.

Mid Sussex Wellbeing
Telephone: 01444 477191
Email: healthy@midsussex.gov.uk
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.

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.

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).
Men’s Shed
Petworth
Telephone: 07814 186874
Email: info@menshedpetworth.org.uk
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.

Horsham District Council Health Walks
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.

Get Started with Cooking
Telephone: 01273 221477
Email: 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.

Community Equipment Service
Telephone: 0845 1272934
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.
Health and wellbeing

Hearing Voices
Telephone: 0161 834 3033
www.hearingvoices.org/groups
Services
To help people who hear voices to share and explore their own experiences.

Horsham District Wellbeing
It’s All About Me – Motivation, Exercise, Eating
Telephone: 01403 215111
Email: info@horshamdistrictwellbeing.org.uk
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.

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.

Community Equipment Service
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.

British Dyslexia Association
Telephone: 0845 261 9002
Email: help@b-eat.co.uk
www.bdadyslexia.org.uk
Services
National Charity to enable people with dyslexia to reach their full potential.
Health and wellbeing

**BEAT**
Telephone: 0845 634 1414
www.b-eat.co.uk

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

**BEAT (Beating Eating Disorders)**
Telephone: 0845 634 7650
Email: fyp@b-eat.co.uk / 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.

**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.

**Gamblers Anonymous National Helpline**
Telephone: 08700 50 8880 (24 hours a day)
www.gamblersanonymous.org.uk

**Walking for Health – Natural England**
Horsham: Walk & Talk
Telephone Jill Shuker: 01403 215269
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.
Health and wellbeing

**Overeaters Anonymous**
Telephone: 01273 890445  
Mobile: 07000 784985  

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

**NHS West Sussex Choices**
[www.westsussex.nhs.uk/transport](http://www.westsussex.nhs.uk/transport)  
[http://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 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.

**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.

**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 mental health, physical health/ophthalmic, smoking cessation, weight management etc A-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

**Services**
Up to & including 18 years.

**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.

**Sussed About Drugs**
www.sussedaboutdrugs.net

**Services**
Info about drugs and being safe.

**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.

**Voice for Disability (West Sussex Association for Disabled People)**
Telephone: 01903 24457
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.
Health and wellbeing

Independent Living Association
www.ilawestsussex.org

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

Details
Supporting me guides.

Crawley Families Project
Telephone Elizabeth O’Shea: 01403 217900

Services
Intensive an 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.

Mind
51 New England Street, Brighton BN1 4GQ
Telephone: 01273 666950 / 0845 604 2712
Email: info@mindcharity.co.uk
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.

Life Centre
Telephone: 01243 786349
Helpline for Adults: 0844 8477879
Helpline for Under 18s: 0808 8020808
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.
Health and wellbeing

West Sussex Integrated Community Drug & Alcohol Treatment Service (run by CRI and CNWL)
Cental 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: Kamson’s 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 RH159AE. 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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Sussex Community NHS Trust
www.sussexcommunity.nhs.uk

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

Sussex Partnership NHS Foundation Trust
Telephone: 01903 843000
Email: info@sussexpartnership.nhs.uk
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 thorough 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.

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.
**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**  

**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.

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**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.
Health and wellbeing

**Survivors of Suicide (SOS)**
6 Trinity Street, Hastings  TN34 1HG
Telephone: 01424 714406
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.

**Action For Change**
1st Floor, Hanover House, Marina, St Leonard’s on Sea
Telephone: 01424 460066
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).

**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.

**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
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 STIs and HIV, treating infections and providing information on contraception methods For Chlamydia Screening call 0800 0612668

WEL Mind (Wealden, Eastbourne ands Lewes Mind)
Suite 1, Highlight House, 8 St Leonards Road, Eastbourne  BN21 3UH
Telephone: 01323 648836
www.welmind.org.uk

Services
Support for those with mental health concerns.

Eastbourne Survivors
Brightview, 6 Saffrons Road, Eastbourne, BN21 1DG
Telephone: 01323 747223
Email: info@eastbournesurvivors.org
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.
Health and wellbeing

Shinewater Shaftesbury Centre
Shinewater Shaftesbury Centre, Milfoil Drive, Shinewater, Eastbourne  BN23 8BR
Telephone: 01323 760654
www.shinewatershaftesburycentre.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”.

Samaritans
National Helpline: 08457 909090
National Email: 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
A charity offering a 24 hour help line for people who feel suicidal or desperate.

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

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).
Bipolar Support Group (Lewes)
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.

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

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.

Misgana Berhane
Flat 3, 3 Eversfield Road, Eastbourne  BN21 2SD
Telephone: 0781 4422022
Email: 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
Telephone Sue Starnes, Counselling Coordinator & Therapeutic Activities: 01273 311708
Email: sue.starnes@ncda.org.uk
Telephone Andrea Gavin, Service Development & Partnerships: 01273 311705
Email: andrea.gavin@ncda.org.uk
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.

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
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 STIs 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.

MIND Head Forward Website
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.
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.

Young Persons Information Centre
Colondale 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.

NHS West Sussex
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.

Sexual Health Line
Telephone: 0800 282930

Services
Confidential help for under 18s.

West Sussex Libraries
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.
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

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

Services
Offers a 4 tier approach to obesity management for adults.
- Tier 1 - Primary Care and Community Advice for a first attempt to loose weight.
- 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.

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

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.
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.

Worthing Churches Homeless Projects
Telephone Tina Lashbrook, Mental Health Worker: 01903 832928
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 ILW
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.
Green Cuisine
37 Rowlands Road, Worthing BN11 3JJ
01903 211338
www.mentalaboutlentils.co.uk
Services
Child friendly fish and vegetarian restaurant.
Details
Join Facebook page ‘Green Cuisine Restaurant’ to receive regular updates.

Community Equipment Service
Telephone: 0845 1272934
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.

Acorn Pregnancy Counselling Centre
Acorn House, 8 Stanford Square, Warwaick Street, Worthing BN11 3EZ
Telephone: 01903 8238943
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.

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.
Health and wellbeing

Aspire Sussex
Telephone Gemma Dorer, Occupational Therapist: 01903 843888
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
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

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.

NHS West Sussex
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.
Welcome In Clinics
11 Crescent Road, Worthing
Telephone: 01903 532535

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

The Mindful Project
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.

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.

Offington Counselling Service
Offington Park Methodist Church, South Farm Road, Worthing
Telephone: 01903 212275

Services
Counselling Service.

Details
Charity donation required 6 sessions offered.

Options
24 Grafton Rd, Worthing
Telephone: 01903 843550

Services
Alcohol & Drug abuse.

Details
Counselling and advice services.
British Association for Counselling and Psychotherapy (BACP)
Telephone: 01788 578328
Arun: 01903 714417
www.counselling.co.uk
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.

British Dyslexia Association
Telephone: 0845 261 9002
www.bdadyslexia.org.uk
Services
National charity enabling people with dyslexia to engage their full potential.

Sussed About Drugs
www.sussedaboutdrugs.net
Services
Info about drugs and being safe.

Over Eaters Anonymous
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.

Youthline
Telephone: 0845 634 7650
Text: 07 977 493 345 (standard text rates)
Email: talkback@edauk.com
Services
Offering counselling and support for young people up to & including 18 years.

NHS West Sussex
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.
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.

Age UK West Sussex
Telephone: 0800 019 1310
Littlehampton: 01903 731800
Worthing and Adur: 01903 600300
Email: admin@ageukwestsussex.org.uk
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.

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

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.

Voice for Disability (West Sussex Association for Disabled People)
Telephone: 01903 244457
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.
Health and wellbeing

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 your 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.

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
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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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
Services
Innovative programme encourages wellbeing, fitness and quality of life through exercise, therapies, crafts, games, support and information.
Details
Exercise session £2.36 per person, one session per person per month £10.23.

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.

Lovett Centre (Guild Care)
Maybridge Square, Goring, Worthing BN11 6HB
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.
Health and wellbeing

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

**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.
Sussex Community NHS Trust
Telephone: 01403 227000 extension: 7547
www.sussexcommunity.nhs.uk

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

Sussex Partnership NHS Foundation Trust
Telephone: 01903 843000
Email: info@sussexpartnership.nhs.uk
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.
Work related skills
Work related skills

The Careers Centre
University of Brighton
Telephone: 01273 642461
Email: 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.

Everyday Recruitment Ltd
Tower Point, 44 North Road, East Sussex  BN1 1YR
Telephone: 01273 666358
www.everydayrecruitment.co.uk

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

Details

Futures Training
118 Queens Road, Brighton  BN1 3XG
Telephone: 01273 605090
Fax: 0871 900 7886
Email: brighton@futures-training.co.uk
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.

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
Work related skills

**Jobseekers Direct**

Jobcentreplus
Telephone: 0845 606 0234
Textphone: 0845 605 5255

www.direct.gov.uk
www.jobcentreplus.gov.uk

**Services**

Telephone service to help people to find locally based vacancies.

**Details**

Mon - Fri 8.00am to 6.00pm.

**Skills Training UK Ltd**

4th Floor, Wembley Point, 1 Harrow Road, Wembley HA9 6DE
Telephone: 0208 903 4713

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).

**Volunteer Centre for Brighton & Hove**

Intergen House, 65 - 67 Western Road, Hove BN3 2JQ
Telephone: 01273 737888

www.bh-impetus.org/volunteer_centre

**Services**

Volunteering opportunities.

**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.
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
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.

Business Action on Homelessness
Telephone Bunty Dann, Ready for Work, Brighton Regional Team: 07901 711871
www.bitc.org.uk

Services
Employment support and work inclusion programmes for homeless people.

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.
Work related skills

The Business Community Partnership – Mentoring Programme
Telephone: 01273 810 276
Email: info@bhbcp.org.uk
www.bhbcp.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

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.

Enham
Enham Place, Enham Alamein, Andover, Hampshire SP11 6JS
Telephone: 01264 345800
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.
**Work related skills**

**Scope**
Telephone: 01273 622434  
Email: workchoice-cpa25@scope.org.uk  
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 or call 01480 309 615.

**Tomorrow’s People Trust**
1st Floor Wenlock House, 41/43 North Street, Brighton BN1 1RH  
Telephone: 01424 718491  
Email: tpollard@tomorrows-people.co.uk  
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.

**Brighton & Hove Wood Recycling Project**
The Wood Store, Municipal Market, Circus Street, Brighton BN2 9QF  
Telephone: 01273 570500  
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.
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
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.

West Sussex County Council
General Enquiries: 01243 777100 24 Hour Info: 0845 7581232
www.westsussex.gov.uk

Services
Jobs section.

Details
Offer apprenticeship schemes for people with disabilities.

National Probation Service
Telephone Eve Muir Employment, Education and Training Manager: 01903 216321
Email: eve.muir@sussex.probation.gsi.gov.uk

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.

Chichester District Council
East Pallant House, East Pallant, Chichster
Telephone: 01243 785339
Email: contact@chichester.gov.uk
www.chichester.gov.uk

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

**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.

**Apuldram**  
Common Farm HO, Apuldram Lane South, Chichester  PO2 7PE  
Contact: Jane Kirby  
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.

**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.
SkillShare West Sussex  
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.

West Sussex County Council – Career Tasters  
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.

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  

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.

SEEN (South East Employment Network)  
Telephone Richard Lamplough: 020 8870 6555 Mobile: 077389 41415  
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.
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.

**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.

**Aldingbourne Country Centre**  
Aldingbourne Trust, Blackmill Lane, Norton, Chichester, West Sussex  PO18 0JP  
Email Peter Stanley: peters@aldingbournetrust.co.uk  
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.

**Maximus Employment and Training (UK)**  
1st Floor, Friars House, 52a East Street, Chichester  
Telephone: 01243 200450  
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.
Work related skills

Frame of Mind Social Enterprise
Telephone Teresa and Ian Bates: 01243 828066
Email: ian@frameofmind.uk.com
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

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

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.

Southdown Employment
Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661
Email: l.matthews@southdownhousing.org
Telephone Martin Dominy, Head of Supported Employment: 01273 898780 Mobile: 07971 609485
Email: 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.

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
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.

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

Services

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

West Sussex Volunteering Network

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.

West Sussex Social Enterprise Network (WSSEN)

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

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.

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
www.hacvs.org.uk
Work related skills

Services (Horsham Area Council for Voluntary Service)

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

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

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

SkillShare West Sussex
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

Services
Career Tasters can take a number of form 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 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-ininitiatives.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.

**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
www.crawleycvs.org/volunteer

**Details**
Can download a volunteer registration form from the website.

**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)

**Ashplants Conservation Group (ACG)**
Telephone: 01342 824431
www.east-grinstead-war-memorial-ltd.co.uk

**Services**
Volunteering to help restore ancient woodland.
Work related skills

**Mid Sussex Time Bank**
Telephone: 01444 236593
Email: 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.

**Southdown Supported Employment**
Telephone Laura McCarney, Contract Manager: 01273 405837 Mobile: 07974 679226
Email: l.mccarney@southdownhousing

Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661
Email: l.matthews@southdownhousing.org

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

**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
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.
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 / 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
Telephone Martin Dominy, Head of Supported Employment: 01273 898780 / 07971 609485
Email: m.dominy@southdownhousing.org
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.

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.

Hastings Volunteer Action
Jackson Hall, Portland Place, Hastings
www.hastingsvoluntaryaction.org

Services
Volunteering opportunities within the Borough of Hastings.
**Work related skills**

**National Probation Service**
Telephone Eve Muir, Employment Education and Training Manager: 01903 216321
www.justice.gov.uk/about/probation

**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 or www.gov.uk/jobsearch

**Services**
Jobs in specific areas.

**People Matter**
17 Gildridge Road, Eastbourne  BN21 4RU
Telephone: 01323 431289
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

**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.
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

**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.

**National Probation Service**
Telephone Eve Muir Employment Education and Training Manager: 01903 216321
Email: Eve.muir@sussex.probation.gsi.gov.uk

**Inbiz (Part of Avanta Group)**
CPL House, Ivy Arch Road, Worthing
Telephone: 02392 201072
Email: Portsmouth@inbiz.co.uk
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.

**West Sussex Volunteering Network**
2nd and 3rd Floor, Colonnade House, Warwick Street, Worthing  BN11 3DH
Telephone: 01903 528620
Email: worthingcvs@btconnect.com
www.westsussexvolunteering.org.uk or 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.
**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.

**Adur Voluntary Action (AVA) – Volunteering Community**
Chesham House, 124 South Street, Lancing, West Sussex  BN15 8AJ
Telephone: 01903 854985
Email: 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 heath services.

**SkillShare West Sussex**
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

**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.
Boundstone Nursery
Upper Boundstone Lane, Lancing, West Sussex BN15 9QX
Telephone Aimee Martin: 07595237664
Email: office@boundstone-nur.w-sussex.sch.uk

**Services**
Volunteering/work experience placements available at Boundstone Nursery.

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**

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.

Southdown Employment
Telephone Lisa Matthews, Team Leader: 01273 405822 Mobile: 07773 378661
Email: l.matthews@southdownhousing.org

Telephone Martin Dominy, Head of Supported Employment: 01273 898780 Mobile: 07971 609485
Email: 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.
Work related skills

SEEN (South East Employment Network)
Telephone Richard Lamplough: 020 8870 6555 / 077389 41415
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.

Worthing CVS
2nd & 3rd Floor, Colonade House, Warwick Street, Worthing
Telephone: 01903 528620
Email worthingcvs@btconnect.com

Services
Range of volunteering opportunities within the local community.

Frame of Mind Social Enterprise
Telephone Teresa and Ian Bates: 01243 828066
Email 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.

The Gateway (MIND)
8-10 Durrington Lane, Worthing
Telephone Carolyn Stubbs: 01903 277000
Email: carolyn.stubbs@worthingmind.org

Services
Guidance and support on a one to one basis into work, training etc.

Details
Professional referral.
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.

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.

Aldingbourne Trust
Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, West Sussex PO18 0JP
Contact: Peter Stanley
Email: 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.
Work related skills

West Sussex Social Enterprise Network
Parbrook House, Natts Lane, Billingshurst  RH14 9EY
Telephone Mark Habibi: 07833 906592
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.

West Sussex Volunteering Network
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.

Mid Sussex Time Bank
Telephone: 01444 236593
Email: 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.
Work related skills

Peer Support Specialist Bank
Telephone Wendy Walker, Lead Occupational Therapist: 01903 843115
Email: kitty.andrews@sussexpartnership.nhs.uk
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.
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
www.ccb.ac.uk

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**Northbrook College Sussex**
Littlehampton Road, Worthing, West Sussex  BN12 6NU
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
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
www.whinn.org.uk
Education

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.

Life Music
Telephone Philip Milburn: 01273 779959/07966 536180
Email: philip@lifemusic.org.uk
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.

Satellite Services
Community Mental Health Centre, 79 Buckingham Road, Brighton BN1 3RJ
Telephone: 01273 749500
Fax: 01273 204170
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

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

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

Details
Range of courses for older people who wish to develop their skills e.g. learning a new language, history.

Mid Sussex Council
Oaklands Road, Haywards Heath
For General Enquiries Telephone: 01444 458166
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

Services
See Education and learning link section A-Z of services.

Arun District Council
Civic Centre, Maltravers Road, Littlehampton
Telephone: 01903 737500
Email: info@arun.gov.uk
www.arun.gov.uk

Services
Range of services listed under Living Working Enjoying.

Life Music
Telephone Philip Milburn: 01273/07966 536180
Email: philip@lifemusic.org.uk
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.

Maximus Employment and Training (UK)
1st Floor Friars House, 52a East Street, Chichester
Telephone: 01243 200450
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.

Chichester IT Training
Telephone: 02392 340558 Mobile: 07581 496619
Email: enquiries@chichestertraining.co.uk

Services
Courses to match complete beginners, through to intermediate courses.

Details
Contact Paul or Annabelle.
Education

South Downs Rural Outlook (Coppicing Project)
Email: Joolie Edwards: 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.

Learning Links
Telephone: 01403 218628

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

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:

Central Sussex College
Campus at Crawley: College Road, Crawley, West Sussex RH10 1NR
Telephone: 0845 155004
Email: info@centralsussex.ac.uk
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
www.centralsussex.ac.uk
Details
Business studies, Health and Safety.

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
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.

Chichester College
Telephone: 01243 786321
Email: webmaster@chichester.ac.uk
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.

Brinsbury Campus
(part of Chichester College)
www.chichester.ac.uk/Courses/Course-Browsing
Services
Details
Can apply for courses online.
West Sussex Adult Education
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.

Mid Sussex Council
Oaklands Road, Haywards Heath
Telephone: 01444 458166
www.midsussex.gov.uk

Services
See community and living section on the web.

Details
Ranges of learning opportunities in the local community.

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.

Read and Spell Course
West Sussex Adult and Community
Email: 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  

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.

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.

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.

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
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.

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.

Sussex Coast College
Based in Hastings
Telephone: 01424 442222
www.sussexcoast.ac.uk
Services
A range of courses and college information.

Littlehampton Adult Education Centre
88 The New Learning Shop, High Street BN17 5DX
Telephone: 01903 722155
Email: littlehampton.acl@westsussex.gov.uk
Services
A variety of adult education courses available.

West Sussex County Council (WSCC)
Telephone: 01243 771100 24 Hour: 0845 7581232
www.westsussex.gov.uk
Details
Web-site links to schools, college.
West Sussex Adult Education
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.

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
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.

Northbrook College
Telephone: 0845 1556060
Email: enquiries@nbcol.ac.uk
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.
**Education**

**Guildbourne IT Workshop**
Unit 21, Guildbourne Centre, Worthing BN11 1LZ
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.

**Life Music**
Telephone Philip Milburn: 01273 779950 / 07966 536180
Email: philip@lifemusic.org.uk
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.

**IT Junction**
Telephone: 01903 256233
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, Moulsoomb Place, Lewes Road, Brighton  BN2 4GA
Telephone: 01273 642895 / 642857
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.

The Steps to Work Partnership
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.
**BHT Advice**
Brighton Housing Trust, Community Base, 113 Queen’s Road, Brighton  BN1 3XG
Telephone: 01273 234737
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

**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.
Consumer Credit Counselling Service
Telephone: 0800 1381111
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

Services
Provides information and guidance for people looking to manage their money better or to deal with debt or money worries.

Dealing With Debt
Telephone: 08456 000133
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

Services
A charity with a nationwide network of advisors offering free impartial advice on any type of debt problem.

East Sussex Credit Union
Community Base, 113 Queen’s Road, Brighton BN1 3XG
Telephone: 01273 234858
www.credit-union.org.uk

Services
Safeguarding savings and providing loans.

Details
Owned and managed by its members.
**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.

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**Gamblers Anonymous**  
Telephone: 02073843040  
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.

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**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

**Services**  
Offers advice on debt problems and free booklets and fact sheets on dealing with debt.

**Details**  
Free and independent.
Payplan
Telephone: 800716239
www.payplan.com

Services
Free confidential advice on debt problems.

Southern Housing Group
Telephone: 0845 612005
Email: directpayment@shgruop.org.uk
www.shgroup.org.uk

Services
Help with opening a bank account.

St. Luke’s Advice Centre
18 Exeter Street, Brighton
Telephone: 01273 549203
Email: info@stlukesadvice.org.uk
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

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

**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

www.frontlinedebtadvice.org.uk

**Details**

- Free debt advice for anyone.
- Good budget sheet to print off with income and expenditure.

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**West Sussex Credit Union**

13 Crescent Road, Worthing

Telephone Anthony Davison: 01903 237221

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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**National Debtline**

For Personal Debt Telephone: 0808 8084000 Business Debt: 0800 1976026

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

www.citizensadvice.org.uk

**Services**

Financial advice/signposting.
Payplan
Telephone: 0800 2802816
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.

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
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.

Age UK
Age UK West Sussex, Information and Advice, Suite 2, Anchor Springs, Littlehampton, West Sussex BN17 6BP
Freephone: 08000191310
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.
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.

Citizens Advice Bureau (CAB)
Telephone The Crawley Office: 0844 477 1171
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.

Crawley Talks Money
Telephone: 01293 657100

Services
Supporting residents in Bewbush, Broadfield and Langley Green in managing thier finances.
Access to debt advice.

Mind
51 New England Street, Brighton  BN1 4GQ
Telephone: 01273 666950 / 0845 604 2712
Email:info@mindcharity.co.uk
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 (CPA’s), 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.
West Sussex Credit Union
13 Crescent Road, Worthing
Telephone Anthony Daveson: 01903 237221
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.

Adur District Council
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.

Liaise (Frontline Project)
Telephone Jan Davey, Debt Advisor: 01903 218722
Email: liaise@frontlineworthing.org.uk
www.frontlinedebtadvice.org.uk

Details
Free debt advice for anyone. Good budget sheet to print off with income and expenditure.

Age UK
Age UK West Sussex, Information and Advice, Suite 2, Anchor Springs, Littlehampton, West Sussex BN17 6BP
Freephone: 08000191310
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.
Finance

**Worthing Citizens Advice Bureau**
11 North Street, Worthing
Telephone: 08447 010101
Email: contact@worthingcab.org
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

**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.
Travel and transport
The Big Lemon
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

Services
All bus travel information you need in Brighton and Hove plus information on trips and excursions.

Details
Visit www.journeyon.co.uk for real time bus information.

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Car Clubs
Telephone: 08445442010
www.citycarclub.co.uk
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

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.
Travel and transport

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.

Rayment Cycles
www.rayment-cycles.co.uk
Services
Information on buying and hiring bicycles.

Cycle routes in and around Brighton and Hove
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
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.

Lift share
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.
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.
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

**Services**
Travel health clinic.

**Older People’s Bus Pass**
www.brighton-hove.gov.uk

**Services**
Information about bus pass, and application available online.

**One Stop Shop**
16 Old Steine, Brighton
Telephone: 01273 886200
Queens Road, Brighton
Telephone: 01273 700406

**Services**
For cheap advance bus and train tickets.

**Shopmobility**
Churchill Square, Brighton
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.

**Sussex Travel Clinic – Travel clinic for Brighton & Hove**
Suite 2, 30 The Drive, Hove, East Sussex BN3 3JD
Telephone: 01273 749100
www.sussextravelclinic.com

**Services**
Travel Health Clinic.
Travel and transport

School Transport
Telephone: 01273 293501

Taxi Vouchers for Disabled People in Brighton and Hove
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.

Taxi Services
Brighton and Hove City Cabs, 63 Queens Road, Brighton
Telephone: 01273 205 205
www.205205.com
Brighton & Hove Streamline Ltd, 86 Goldstone Villa, Hove
Telephone: 01273 202 020
www.brighton-streamline.co.uk
1st Class Travel, 39 Connell Drive, Brighton
Telephone: 01273 301 269
www.1stclasstravel-uk.com
Services
Taxi service.

Train Enquiries from Brighton
www.nationalrail.co.uk

Travel and transport in Brighton City Centre, Including Car Hire and Taxis
www.iknow-sussex.co.uk/travel/brighton_and_hove/brighton

Visitors Information Centre
Royal Pavilion Shop, Royal Pavilion, 4-5 Pavilion Buildings, Brighton BN1 1EE
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.)
Travel and transport

**Young Persons Railcard**
www.16-25railcard.co.uk

**Blue Badges**
Telephone: 01273 296270

**Services**
Parking permits for disabled people.

**Brighton & Hove Federation of Disabled People**
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.

**Bluebird Society for the Disabled**
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.

**Community Transport Brighton and Hove Ltd**
Telephone: 01273 677559
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.

**Community Transport for the Lewes Area Ltd**
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.
Concessionary Bus Travel for residents of Brighton and Hove
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

Services
List of suggested hotels/group holidays and retreats. Advice on costs etc.

Details
Phone line open 9.00am - 6.00pm.

West Sussex County Council
General enquiries: 01243 777100
24 hour info: 0845 7581232
www.westsussex.gov.uk

Services
Travel and concessions info.

Chichester District Council
East Pallant House, East Pallant, Chichester
Telephone: 01243 785339
Email: contact@chichester.gov.uk

Services
See Transport link section A-Z of services.

Holidays (Breaks) MIND
Info line: 0845 766 0163

Details
List of suggested hotels/group holidays and retreats. Advice on costs etc.
Travel and transport

**Disabled Go**
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.

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**Mid Sussex District Council**
Telephone: 01444 458166
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**

**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

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**Crawley Community Transport**
Telephone: 01293 547010
www.westsussex.gov.uk

**Services**
Transport for Crawley and surrounding areas.
Crawley Shopmobility
Telephone: 01293 522852
www.shopmobilityuk.org

Services
Shopmobility is a scheme which lends manual wheelchairs, powered wheelchairs 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

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

Services
Dial a rial in the mid Sussex area Hospital patient transport Group hire from non-profit groups.

Disabled Go
www.disabledgo.com

Services
Community: Entertainment, 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

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.
Crawley Community Transport
Telephone: 01293 547010
www.westsussex.gov.uk
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.

Rethink-Holidays and Respite Breaks
www.rethink.org
Services
The website details organisations offering holidays and respite breaks for individuals who have a mental health problem and their families.

Manor Park and Hempstead Fields Surgery Car Service
Telephone: 01825 578006
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
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.

Adur District Council
Telephone: 01273 452939
Dial a Ride: 01273 440480
www.adur.gov.uk
Services
See Community transport links Transport schemes Concessions etc.
Travel and transport

**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

**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

**Services**
Help for all people with disabilities (door to door) with adapted vehicles.

**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

Services
Helpline for LGB.

The Brighton & Hove LINk (Local Involvement Network)
Tel: 01273 810 235
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.

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).

Cowley Club
12 London Road, Brighton  BN1 4JA
Telephone: 01273 696104
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.
Gumtree Brighton Community pages
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
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

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.
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

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.

Black and Minority Ethnic Community Groups and Services
(as listed on the Mind Directory)

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

Services
There are several community food projects in the city with regular work and open days.

Details
Available from Brighton & Hove Council.
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

**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.

**Migrant English Project**

Cowley Club, 12 London Road, Brighton BN1 4JA  
Telephone: 01273 696104  
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

**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  
www.time-to-change.org.uk

**Services**

Campaign to end mental health discrimination. They welcome people to get involved in this campaign.
Community and involvement

Sussex Partnership Foundation NHS Trust Membership
Membership Office Telephone: 0800 0153357
Email: ft@sussexpartnership.nhs.uk
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

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 who wish to become more involved in their community.

Details
Referral is required to access these services. Contact your GP.

User Employment Service (Southdown / Sussex Partnership)
Telephone: 01273 898780
Email: 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
www.arun.gov.uk

Services
Range of services listed under Living Working Enjoying.
Community and involvement

Mid Sussex District Council
Oaklands Road, Haywards Heath
General Enquiries: 01444 458166
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

Details
Excellent database for clubs and groups in each area Link to village web sites with local groups /events.

Chichester District Council
East Pallant House, East Pallant, Chichester
Telephone: 01243 785339
Email: contact@chichester.gov.uk
www.chichester.gov.uk

Services
See community living and environment and democracy sections A-Z of services.

West Sussex County Council
General Enquiries: 01243 777100
24 Hour Info: 0845 7581232
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

Services
Signposting to range of local support agencies.

Gypsy and Traveller Information/Advice
West Sussex County Council
Telephone: 01243 777100
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

Details
Information and support Work skill preparation Links to SDRO project Self referral or via health professional.
**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 café, lake and horticulture. Working toward a working enterprise working with all people across the community.

**Day Services for People with a Learning Disability**  
www.westsussex.gov.uk  

**Details**
List of all services in West Sussex with links.

**Expanding Communities Project**
Dove Lodge, 49 Beach Road, Littlehampton  
Telephone: 01903 726229  
www.arun.gov.uk  

**Services**
Offering support to migrant workers. Support people with language difficulties to access services.

**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.

**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.

Selsey ‘Drop In’
Selsey Centre  PO20 0SE
Telephone Paul Furlinger: 01243 606403
Email: plfrl@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.

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.

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 Demential Resources Library consists of a collection of book and DVDs on various aspects of Dementia.

Details
Membership of the Demential Resources Library is FREE for more information on becoming a member and using the services contact 01243 787878.
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

**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 Sheila Cullen, Manager: 01403 320346
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.

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**West Sussex Conty Council**
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.

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**Mid Sussex District Council (MSDC)**
General Enquiries: 01444 458 166
Email: communityservices@midsussex.gov.uk

**Details**
On mid Sussex district council site click on community and living.
Community and involvement

**NAVCA**  
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  

**Services**  
Community services; Children; families; adults; Detox/addiction; Elderly care; Homelessness; Lifelong learning; Pastoral care.

**West Sussex Library Service**  
www.westsussex.gov.uk  

**Services**  
Library services: Help and tuition for accessing information, e.g. bus timetable, location of library books, coffee groups.

**Mid Sussex District Council**  
www.midsussex.gov.uk  

**Services**  
Links to local community and living; district council and democracy; local agendas; local planning; jobs; leisure; transport etc.

**West Sussex Adult Education**  
www.westsussex.gov.uk/adulteducation  

**Services**  
A range of courses in community settings including libraries and schools.
Community and involvement

Crawley Borough Council
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.

Sussex Oakleaf – Sunny Corner Community Cafe
The Yews 55 Boltro Road, Haywards Heath  RH16 1BJ
Telephone: 01444 416391
Email: info@sussexoakleaf.org.uk
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.

Gypsy and Traveller Information/Advice
Telephone: 01243 777100
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
www.circlesnetwork.org.uk

Services
A UK wide voluntary organisation to help people who are, or are at risk of isolation.
Community and involvement

East Grinstead Mental Health
Telephone: 01444 45917
Email: 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.

United Response Day Services – South East Division
Telephone Chris Browne: 01372 230038
Email: chris.browne@unitedresponse.org.uk
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.
Community and involvement

**Mid Sussex Time Bank Circular**
Telephone: 01444 236593
Email: 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.

**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

**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 organisation 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.
Community and involvement

**Ascot Care Day Club**
Salvation Army Community Hall, Booth Way, Horsham  
Telephone: 01403 268260  
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’.

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**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.

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**Senior Citizens Club: Bexhill**
Telephone Mrs. Shirley Rolt, Chairman: 01424 846105  
Email: bexhillseniors@yahoo.com  
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.
Community and involvement

**Senior Citizens Social Club**

Telephone Rose Newsom, Chair: 01323 485972  
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

**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

**Services**
A Social Club held twice a month for over 60’s.
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.

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**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
- Polgate: Polegate Café, High Street, Polegate
- Seaford:
- Uckfield:

**Details**
A charge does apply for the meals. Contact the organisation directly for details of forthcoming suppers.

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**East Sussex Association of Blind and Partially Sighted People: Social Meetings**
Telephone: 01323 832252  
Email: info@eastsussexblind.org  
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.
Community and involvement

ESDA: Eastbourne Club
Telephone: 01323 514500
Email: info@esda.org.uk
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

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 experiences 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

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 bureaus now have a short introductory interview to help decide how you can be best advised. You may then be asked to make an appointment.

Worthing Citizens Advice Bureau
11 North street Worthing
Telephone: 08447 010101
Email: contact@worthingcab.org
www.worthing.gov.uk

Details
Signposting to range of local support agencies. Search for Citizens Advice Bureau on the Borough council website.

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

Details
Neighbourhood alliances (older peoples groups) community transport Worthing volunteer centre events listed.

Worthing Borough Council Town Hall
Chapel Street, Worthing
Telephone: 01903 239999
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.
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.

**Adur and Worthing Befriending Service**
6-8 Marine Place, Worthing
Telephone Rachel Dungay: 01903 600800
www.acwestsussex.org
Age Concern service for people over 65 with help to access services.

**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 – 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.

**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

**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.
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.

Beatbox Leisure  
52 Nelson Road, Goring-by-sea BN12 6EN  
Telephone: 7561065089  
Email: 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.

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

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

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
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.

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

Contact the Elderly
Worthing/Lancing /Shoreham
Telephone Julia Rivas: 01273 402569
Email: julia.rivas@contact-the-elderly.org.uk
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

**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
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.

**Expanding Communities Project**
Dove Lodge, 49 Beach Road, Littlehampton
Telephone: 01903 726229
www.arun.gov.uk

**Services**
Offering support to migrant workers. Support people with language difficulties to access services.
Community and involvement

Rivendell Resource Centre
23 Maltravers Drive, Littlehampton
Telephone: 01903 721893
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.

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.

Disabled Go
www.disabledgo.com

Services
Provides free online disability access guides to over 380 venues listed in the Arun district.

BME Community Services (BMECS)
1st Floor, Gordon House, 34 Railway Approach, Worthing
Telephone Amina Chitembo: 01903 211033
Email: 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.

Day Services for People with a Learning Disability
www.westsussex.gov.uk

Details
List of all services in West Sussex with links.
**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.

**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.

**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.

**Action in Rural Sussex**  
Sussex House, 212 High Street  BN2 2NH  
Sarah Day  
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.

**Guildcare: Over 50s – activity and Friendship at Guildcare**  
Telephone the Outreach Team: 01903 528627  
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 Hightdown 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  

**Services**  
Advice and support to homeless or vulnerable individuals to make positive changes in their lives.

**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.

**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.

**Friday Welcome Morning**  
St. Peters Church, Sompting  
Telephone Rev. Erika Howard: 01903 234511  
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.

**Volunteering in Sussex Partnership NHS Foundation Trust**  
Telephone Rachael Kenny: 01273 778383 Extension: 2150  
Email: rachael.kenny@sussexpartnership.nhs.uk  

**Services**  
A wide range of voluntary opportunities within Sussex Partnership NHS Foundation Trust.
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
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.

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

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

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.
Brighton & Hove City Council
King’s House, Grand Avenue, Hove BN3 2LS
Telephone: 01273 290000
www.brighton-hove.gov.uk

Services
Search A - Z for range of services including housing, jobs, libraries, travel & transport.

Sussex Partnership NHS Foundation Trust Community Teams
www.sussexpartnership.nhs.uk/public/involved

Services
Foundation Trust Community Teams.

Details
Referral from GP.

Chichester District Council
East Pallant House, East Pallant, Chichester
Telephone: 01243 785339
Email: contact@chichester.gov.uk
www.chichester.gov.uk

Services
See housing section A-Z of services.

Arun District Council
Arun Civic Centre, Maltravers Roadm Littlehampton
Telephone: 01903 737500
Email: info@arun.gov.uk
www.arun.gov.uk

Services
Range of services listed under Living Working Enjoying.

Arun Neighbourhood Network
Telephone: 01903 719744 / 01903 731800
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.
**West Sussex Library Services**
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.

**Home Trust Loan**
Telephone: 02392 375921
Email: mail@paritytrust.org.uk
www.hometrustloan.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.

**Sussex Oakleaf Housing Association**
6-8 Marine Place, Worthing
Telephone: 01903 218188
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.

**Crossroads**
Telephone Tracey Hole: 01403 249090

**Services**
Respite to all groups.

**Details**
Respite care in own home or at rural social clubs.
**Furnihelp**
Telephone: 01342 322355
Email: 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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**Respect Helpline**
Telephone: 0845 122 8609
Queries: 0208563 8523
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.

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**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.

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**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.
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.

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 at least 30 hours. Cost: £14.50 per hour.

Mid Sussex District Council
Telephone: 01444 458166
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.

Homemove
Telephone: 0845 6887717
www.homemove.org.uk

Services
Choice based lettings. Gives choice where you want to live and properties available.
**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.

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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

**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

**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  
www.nationalprobationservie.co.uk

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**Community Fire Link**

Telephone: 01243 752451  
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.
Home and neighbourhood

**Homestart**
Crawley
Telephone: 01293 416327
www.home-start.org.uk

**Services**
Helping Young families Under Stress.

**West Sussex Library Services**
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.

**Crawley Borough Council**
www.crawley.gov.uk

**Details**
Search for Community and neighbourhood on website. Housing services for council housing.

**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, adaptions to home etc.
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

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.

Parkinsons Disease Society
Telephone Jonathan Smith: 01273 452278 or Jane Renshaw: 01798 344802
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.
Respect Helpline
Telephone: 0845 122 8609 Queries: 0208563 8523
Email: ippo@respect.uk.net
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.

Sussex Oakleaf Housing Association
6-8 Marine Place, Worthing
Telephone: 01903 218188
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.

Help at Home Plus
1st Floor, 38 Church Road, Burgess Hill RH15 9AE
Telephone: 01444 254819
Email: 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.

Furnihelp Mid Sussex
Telephone: 01342 811755
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.
Home and neighbourhood

Furnihelp
Telephone: 01342 322355
Email: 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.

Southdown Housing Association
Telephone Sara Bray, Deputy Area Manager: 01403 263202
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
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.
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

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.

Hastings Borough Council Housing Advice Centre
Renaissance House, London Road, St Leonards on sea  TN37 6AN
Telephone: 01424 451212
Email: housingadvice@hastings.gov.uk
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 or hours emergency phone: 0845 274 1099

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.
Pathways (Bexhill)
Telephone Laura Thrussell, Senior Housing Support Worker: 01424 733094
Housing Management Enquiries: 01273 234277
Housing Support: 01273 234277
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.

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.

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.

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
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.

Adur District Council Community Support
Care and Repair Civic Centre Shoreham
Telephone: 01273 263309
www.adur.gov.uk
Details
- Grants and assistance in home repairs Handyman services Furniture removal etc.
Home and neighbourhood

**Worthing Homes**  
Davison House North Street, Worthing  BN11 2JQ  
Telephone: 01903 703177  
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  
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.freeserve.co.uk  
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  

**Services**  
Home Fire Safety Check.

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**West Sussex Library Services**  
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.
West Sussex information
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.

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.

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

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.

Independent Living Association (ILA) ‘Lend A Hand’
Telephone Roger Lightbrown: 01903 219482
Email: rogerlightbrown@westsussex.org
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.
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

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.

Child Death Helpline
Telephone: 0800 282986
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

Services
Worthing area churches project for homeless people.

Details

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.
Carers Support Service
49 Beach Road, Littlehampton  BN17 5JG
Telephone: 0300 028 8888
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
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
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.
Meals on Wheels Service (West Sussex County Council)
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

www.home-start.org.uk
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.

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
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.

Crossroads
Telephone Tracey Hole: 01403 249090

Services
Respite to all groups.

Details
Respite care in own home or at rural social clubs.

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

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 Iceland car park) on alternate Thursday 14.30 - 15.30 hrs.

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.
Bognor Regis: The family Centre Vernon House, 29 Richmond Ave Monday 11.30 - 12.30.

Rethink
Telephone: 0845 456 0455
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.
**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. 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.
Spiritual and cultural
Baahai Community of Brighton & Hove
Bahai Centre, 19 Stanford Avenue, Brighton BN1 6GW
Telephone: 01273 505895
www.brightonbahais.org.uk

Services
Baahai Faith. Offers a number of events such as public forums, Tranquillity Zones and classes for everyone interested in the Baahai Faith.

Beltane Brighton
Telephone Lynx: 01273 307297
www.lilithrising.co.uk

Services
Western Mysticism and Qabalah. Open Beltane ceremony and ritual.

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.

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.
Spiritual and cultural

**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
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

**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

**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

**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.
Spiritual and cultural

**Brighthelm Church and Community Centre**  
North Road, Brighton  BN1 1YD  
Telephone: 01273 821512  
Email: info@brighthelm.org.uk  
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.

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**Calvary Evangelical Church**  
Viaduct Road, Preston Circus, Brighton  BN1 4ND  
Telephone: 01273 682112  
www.calvary-brighton.org.uk  
**Services**  
Calvinist Church.

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**Chapel Royal**  
North Street, Brighton  BN1 1EA  
Telephone: 01273 328767  
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.

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**Christian Church of the Annunciation**  
The Vicarage, 89 Washington Street, Brighton  BN2 9SR  
Telephone: 01273 681341  
Email: office@annunciationbrighton.org.uk  
www.annunciationbrighton.org.uk  
**Services**  
Church of England.
Church of Christ the King (Clarendon Trust CCK)
Church Office, 21/23 Clarendon Villas, Hove  BN3 3RE
Telephone: 01273 747687
www.cck.org.uk
Services
Evangelical / Charismatic Church.

Church of Christ the King
Clarendon Centre, 47 New England Street  BN1 4GQ
Services
Evangelical / Charismatic Church.
Details
Offers bus pick up service.

City Coast Church
North Street, Portslade  BN41 1DG
Telephone: 01273 433433
www.citycoastchurch.co.uk
Services
Evangelical Church.
Details
City Coast Church is a vibrant church in Portslade.

Dorset Gardens Methodist Church
Dorset Gardens, Brighton  BN2 1RL
Telephone: 01273 605502
Email: office@dgmc.org.uk
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.
Spiritual and cultural

Florence Road Baptist Church
Florence Road, Brighton  BN1 6DL
Telephone: 01273 557081
www.frbc.org.uk

Services
Baptist Church.

Holland Road Baptist Church
71 Holland Road, Hove  BN3 1JN
Telephone: 01273 732111
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 holds 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

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.
New Life Church (NLC)
Moulsecoomb Primary School Hall, The Highway, Lewes Road, Brighton  BN2 4PA
Telephone: 01273 688257
www.newlifebrighton.org.uk
Services
Evangelical Charismatic Church.

Local Roman Catholic Churches listed on the following website
www.escis.org.uk/Brighton/Directory
Services
Contact individual churches for details.

The Salvation Army
Brighton Congress Hall, 1-6 Park Crescent Terrace, Brighton
Telephone: 01273 607095
www.salvationarmybch.org.uk
Services
Sunday Services, Seniors Lunch Club, Cafe, Child Contact Centre, Prayer meetings, Youth Club, Homeless project, Women’s meeting.

Southern Cross Evangelical Church
103 Trafalgar Road, Portslade  BN41 1GU
Telephone: 01273 232815
www.southerncross.org.uk
Services
Evangelical Church.

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).
St Peter’s Church
York Place, Brighton BN1 4GU
Telephone: 01273 698182
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.

Church of Jesus Christ of Latter Day Saints
109, Lewes Road, Brighton BN2 3QA
Telephone: 01273 679948
www.lds.org.uk

Services
Mormon Church.

First Church of Christian Scientist
97 Montpelier Road, Brighton BN1 6BE
Telephone: 01273 325100

Services
Christian Science Church.

Friends’ Meeting House
Ship Street, Brighton BN1 1AF
Telephone: 01273 770258
Email: admin@brightonquakers.net
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.
**Spiritual and cultural**

**Information about different faiths**
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.

**Information about Jesus Christ**
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.

**B&H Progressive Synagogue**
6 Lansdowne Road, Hove  BN3 1FF
Telephone: 01273 737223
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.
Spiritual and cultural

MOSAIC Black & Mixed Parentage Family Group
Community Base, 113 Queens Road, Brighton BN1 3XG
Telephone: 01273 234017
Fax: 01273 234018
www.mosaicqualities.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.

Gypsy & Traveller Information
Brighton & Hove City Council
Telephone: 01273 292044
Email: travellers@brighton-hove.gov.uk
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.

Chinese Centre
Community Base, 113 Queens Road, Brighton BN1 3XG
Telephone: 01273 234800
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.
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

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.

Chaplaincy-Spiritual Care and Spirituality Advocates
Sussex Partnership NHS Foundation Trust
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.

Eastern European Advice Line
Telephone: 0208741 1288
Email: info@eeac.org.uk

Details
Signposting service to local support.

Gypsy and Traveller Information/Advice
West Sussex County Council
Telephone: 01243 777100
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

**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.

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**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
Chichester and Bognor Harold Kidd Unit, Centurion Unit, Bognor, Chichester, Midhurst CMHTs
Rev Graham Reeves Telephone: 01243 791892
Email: 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.

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**West Sussex Library Services**

**Details**
[www.westsussex.gov.uk](http://www.westsussex.gov.uk)
See section on community services and culture in Mid Sussex.
**Gypsy and Traveller Information/Advice**
West Sussex County Council
Telephone: 01243 777100
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

**Services**
Signposting to local support groups and events.

**BME Community Services (BMEC)**
1st Floor Gordon House, 34 Railway Approach, Worthing
Telephone Amina Chitembo: 01903 211033
Email: 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

**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.

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**Horsham Interfaith Forum**  
17 Causeway, Horsham  RH12 1HE  
Telephone Chris Smith, Membership Secretary: 01403 258334  
Email: chrismith@btinternet.com  
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  
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.
Spiritual and cultural

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.

Gypsy and Traveller Information/Advice
West Sussex County Council
Telephone: 01243 777100
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

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

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

**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

**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

**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 01903 222650
Roger Kinross Kendall House Worthing 01903 843321
E Harris, S Gamble David Shattock Meadowfield 01903 843321

**Services**
Support the clinical teams in accessing spiritual resources etc.
Creativity
Creativity

**Brighton Dome**
Church Street, Brighton, East Sussex  BN1 1UE
Telephone: 01273 261524
www.brightondomeevents.org

**Services**
Theatre, space for corporate events and conferences, etc

**London Arts in Health Forum**
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.

**The Professional Association for Dance Movement Psychotherapy**
32 Meadfoot Lane, Torquay  TQ1 2BW
Email: admin@admt.org.uk

**Services**
Information including service user experiences, training, including day and short courses, research and how to find a therapist.

**Local Theatres**
Information about all local theatres available on the following website: Theatres, concert halls and art centres
See individual Theatres for information.

**Threshold – Women’s Counselling and Creche Services**
79 - 83 North Street, Brighton  BN1 1ZA

**Services**
Groups, Creche, Drop In, Learn to Knit Group.
Creativity

Disability Arts Online
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

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

Services
Arts Psychotherapists including Drama, Music and Arts.

Details
Link to range of inclusive arts projects nationally/locally.

Sussex Partnership Foundation NHS Trust for Arts Psychotherapy
Telephone Joanna Stevens: 01273 621984 Extension: 2527
Email: joannastevens@sussexpartnership.nhs.uk

Services
Arts Psychotherapists including Drama, Music, Arts.
Psychotherapists substantive/bank.

Details
Link to range of inclusive arts projects nationally/locally.

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
Creativity

**Arts Council**
Telephone: 0845 300 6200
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

**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.

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**Chichester District Council**
East Pallant House, East Pallant, Chichester
Telephone: 01243 785339
Email: contact@chichester.gov.uk
www.chichester.gov.uk

**Services**
See education and learning / leisure and culture sections A-Z of services.

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**Pallant House Gallery**
9 North Pallant, Chichester PO19 1TJ
Telephone: 01243 774557
Email: info@pallant.org.uk
www.pallant.org.uk

**Services**
Rich programme of events, visits, workshops, talks and other activities throughout the year.
Creativity

Creative West Sussex
Email: info@creativewestsussex.com
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

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

Services
Various ways the can used for people.
Music, writing dance, drama, art etc.

Aldingbourne Trust – Creative Arts Studio
No 64, The High Street, Bognor PO21 1SP
Telephone Helen Rawlings: 01243 838535
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.
Creativity

Arts Council
www.arts council.org.uk
Details
Search on the website for local arts councils, projects and events.

West Sussex Adult Education
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.

Creative West Sussex
Email: info@creativewestsussex.com
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
Services
Range of inclusive art projects across all disadvantaged groups.

Sunny Arts
Telephone Will Geffin: 07796 005857
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.
Creativity

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.

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

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

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.
Creativity

**East Worthing Community Centre**  
Pages Lane, Worthing  
Telephone: 01903 212855  
**Services**  
Range of Art/Craft/Music clubs/groups.

**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.

**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.

**Arts Pick Me Up**  
Telephone: 01243 753839  
Email: jason.bradberry@westsussex.gov.uk  
**Services**  
Artists based in West Sussex.  
**Details**  
Free informal networking.

**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.
Creativity

**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.

**Creative West Sussex**
Email: info@creativewestsussex.com
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.

**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

**Services**
An informal opportunity to write and discuss.

**Details**
Alternate Fridays 10.00 - 11.30am.

**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.
The Shoreham Centre
2 Pond Road, Shoreham-by-Sea  BN43 5WU
Telephone: 01273 454686
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 900am - 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.

Rivendell Day Centre Littlehampton
23 Maltravers Drive, Littlehampton  BN17 5EY
Telephone: 01903 721893
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

Services
Arts psychotherapists including drama, music and arts psychotherapists substantive/bank.

Details
Link to range of inclusive arts projects nationally/locally.
Sports and leisure

**GP Surgeries**

**Services**

Gym prescription scheme.

**Details**

GP referral letter required and taken to Kinetica Leisure.

**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

**Services**

See individual gyms/centres for information.

**Details**

Mix of private and council run centres.

**Healthwalks**

Sports Development, Kings House Grand Ave, Hove BN3 2LS

Telephone Corinna Edwards-Colledge, Scheme Coordinator: 01273 292564

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.

**Local Sports Clubs**

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.
Sports and leisure

**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.

**Southdown Green Team**
18 Preston Park Ave, Brighton
Telephone: 01273 405865
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.

**New Horizons**
The Allen Centre, 60 Sackville Gardens, Hove  BN3 4GH
Telephone: 01273 265626
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.

**Arun District Council**
Arun Civic Centre, Maltravers Road, Littlehampton
Telephone: 01903 737500
Email: info@arun.gov.uk
www.arun.gov.uk

**Services**
Range of services listed under Living Working Enjoying.
Sports and leisure

**West Sussex County Council**
General Enquiries: 01243 777100 24 Hour Info: 0845 7581232
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

**Services**
See leisure and culture section A-Z of services.

**Westgate Leisure**
Chichester
Telephone: 01423 785651, Bourne: 01243 376101
www.chichester.gov.uk

**Services**
Leisure facilities including Health & Fitness centres, swimming and a range of classes.

**Bersted Green Learning Centre**
Hazel Road
Telephone Gez Watson: 01243 860034

**Services**
Exercise class designed especially for older people who suffer from mobility or heath 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

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

**Stomp Disco**
Chichester Hospitals Social Club, Graylingwell Hospital, Tozer House
Telephone Mo: 01243 776703

**Services**
Disco first Friday of the month.

**Riverside Disco**
Riverside Caravan Park, Bognor Regis
Telephone: 01243 866071

**Services**
Disco - 2nd Friday of the month.

**Gateway/Links Club**
Apuldram Country Centre
Telephone: 01243 783370

**Services**
Meet every Monday in term time, 7.00pm - 9.00pm.

**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.

**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.

**Starburst**
Wrenford Centre
Telephone: 01243 788544

**Services**
Dance, drama, filming 4.30 - 6.30 or 6.30 - 8.30pm.
Sports and leisure

Crawley Borough Council
Telephone: 01293 438000
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.

K2 Leisure Centre
Pease Pottage Hill, Crawley, West Sussex RH11 9BQ
Telephone: 01293 585300
Email: k2enquiries@freedom-leisure.co.uk
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.

Walking for Health
Mid Sussex: Vanessa Head/Katie Chatfield, Park Rangers
Telephone: 01444 477561
Email: rangers@midsussex.gov.uk
Mid Sussex District Council, Oaklands Road, Haywards Heath, West Sussex RH16 1SS
www.midsussex.gov.uk/page
Telephone: 01293 550730
Email: barrywildish@sussexwt.org.uk
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
From Mid Sussex District Council website you can download information leaflet.
Sports and leisure

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
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.

Local Arts Groups
Email: arts@midsussex.gov.uk

Shelleys Woodlanders
Telephone: 01403 247412

Services
Woodland management and conservation using traditional skills; also woodland crafts e.g. charcoal burning, pole lathe turning etc.

Horsham District Council
Telephone: 01403 215100
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.

Pavilions in The Park
Hurst Road, Horsham Park, Horsham  RH12 2DF
Telephone: 01403 219200
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.
Sports and leisure

Broadbridge Heath Leisure Centre
Wickhurst Lane, Broadbridge Heath, Horsham  RH12 3YS
Telephone: 01403 211311
www.broadbridgeheathleisurecentre.co.uk

Services
Open Monday Friday 7.00am - 10.30pm.
Saturday 8.30am - 8.00pm.
Sunday 8.30am - 10.30pm.

The Dolphin
Pasture Hill Road, Haywards Heath, West Sussex  RH16 1LY
Telephone: 01444 457337
Email: dolphinenquiries@freedom-leisure.co.uk
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.

Horsham Boom Tribe
Horsham Youth Centre, Hurst Road  RH12 2DN
Email: 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.

The Capitol Cinema
North Street, Horsham, West Sussex  RH12 1RG
Telephone the Box Office: 01403 750220
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.
Wey and Arun Canal Trust
The Granary, Flinchfold Farm, Loxwood, Billingshurst RH14 0RH
Telephone: 01403 752403
Email: office@weyandarun.co.uk
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.

Netball
Summerfields Leisure Centre, Bohemia Road, Hastings
Telephone: 01424 451051
Email activehastings@hastings.gov.uk
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.

Martial Arts Groups in the Hastings and Rother Area
Aikido Circle: 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 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.
Sports and leisure

Golf Clubs in the Hastings and Rother Area

**Battle Golf Club**: www.battlegolfclub.co.uk Telephone: 01424 775677
Netherfield Hill, Battle TN33 0LH

**Beau Port Park Golf Course**: www.beauportparkgolf.co.uk Telephone: 01424 854245
Battle Road, St. Leonards-on-Sea  TN37 7BP

**Cooden Beach Golf Club**: www.coodenbeachgc.com Telephone: 01424 842040
Cooden Sea Road, Cooden, Bexhill-on-sea TN39 4TR

**Dale Hill Golf Club**: www.dalehill.co.uk Telephone: 01580 200112
Dale Hill, Ticehurst, Wadhurst  TN5 7DQ

**Highwoods Golf Club**: www.highwoodsgolfclub.co.uk Telephone: 01424 212770
47, Ellerslie Lane, Bexhill-on-sea  TN39 4LJ

**Sedlescombe Golf Club**: www.sedlescombegolfclub.co.uk Telephone: 01424 871700
Kent Street, Sedlescombe, Battle  TN33 0SD

**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
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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Leisure Centres in the Hastings and Rother Area

**Battle Sports Centre:** www.battlesportscentre.com Telephone: 01424 774772
Battle, North Trade Road  TN33 0HT

**Bexhill Leisure Centre:** www.freedom-leisure.co.uk Telephone: 01424 731171
Email: bexhillcentreenquiries@freedom-leisure.co.uk
Down Road, Bexhill-on-Sea East Sussex  TN39 4HS

**Bexhill Leisure Pool:** www.freedom-leisure.co.uk Telephone: 01424 731508
Email: bexhillpoolenquiries@freedom-leisure.co.uk
Ravenside Retail Park, Bexhill-on-Sea, East Sussex  TN40 2JS

**Falaise Fitness Centre:** www.freedom-leisure.co.uk Telephone: 01424 457692
Email: falaiseenquiries@freedom-leisure.co.uk
Cambridge Road Hastings East Sussex TN34 1EU

**Helenswood Sports Centre:** www.freedom-leisure.co.uk Telephone: 01424 755515
Email: helenswoodenquiries@freedom-leisure.co.uk
The Ridge, Hastings, East Sussex  TN37 7PS

**Summerfields Leisure Centre:** 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
Telephone: 01273 477120
Brighton Road, Lewes, East Sussex  BN7 3JH

**Pebsham Riding School:** www.pebshamec.co.uk Telephone: 01424 732637
Pebsham Lane, Bexhill On Sea, East Sussex  TN40 2RZ

**Petley Wood Equestrian Centre:** www.petleywoodequestrian.co.uk Telephone:01424 871677
Petley Farm, Marley Lane, Battle, East Sussex  TN33 0RE
Telephone: 01825 872600
Broad Oak Barn, East Sussex, Lewes, Whitesmith  BN8 6JG

Chailey Avenue, Rottingdean, Brighton, BN2 7GH
Sports and leisure

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.

Motcombe Pool
Telephone: 0845 2671200
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.

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

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.

Cavendish Sports Centre
Eldon Road, Eastbourne  BN21 1UE
Telephone: 01323 647683
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.
Eastbourne Netball Club
Eastbourne Sports Park, Cross Levels Way, Eastbourne  BN21 2UF
Telephone: 07790 566845
Email: 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.

Walks in the Wealden District
www.wealden.gov.uk

Services
Held throughout East Sussex these are a variety of guided group walks around local areas that are led by experience walkers, community groups or councils.

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

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.

Eastbourne Sports Park
Telephone: 01323 649214
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.
Sports and leisure

Exercise – Dance
99 Wilton Avenue, Eastbourne  BN22 9HX
Telephone Yvonne Wright: 01323 500052 Mobile: 07778 335005
Email: Yvonnewright51@btinternet.com

Services

Details
Sport and fitness provider who has received mental health awareness training. Referrals from members of the CMHT.

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.

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.

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.

Pilates
79 North Way, Seaford, East Sussex  BN25 3HP
Telephone: 01323 492350
Email: patriciarobertson@yahoo.co.uk or tricia@pilatesofseaford.co.uk
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.

Leisure Centres in Eastbourne and Hailsham

David Lloyd Club:  www.davidlloyd.co.uk Telephone: 01323 509802
Broadwater Way, Eastbourne  BN22 9PZ

Hailsham Leisure Centre:  www.freedom-leisure.co.uk Telephone: 01323 846755
Vicarage Lane, Hailsham  BN27 2AX

Pleasant Rise Farm:  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 Telephone: 0845 267 1200. Royal Parade, Eastbourne  BN22 7LQ

Services
The individual Leisure Centres offer:

- 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.
Knockhatch Ski and Snowboard Centre
Hempstead Lane, Hailsham  BN27 3PR
Telephone: 01323 843344
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.

Golf Clubs in the Lewes, Newhaven and Seaford Area
Lewes Golf Club: www.lewesgolfclub.co.uk Telephone: 01273 483474
Chapel Hill, Lewes  BN7 2BB
Peacehaven Golf Club: www.peacehavengc.com Telephone: 01273 514049
Brighton Road, Newhaven  BN9 9UH
Seaford Golf Club: www.seafordgolfclub.co.uk Telephone: 01323 892442
Firle Road, Seaford  BN25 2JD
Seaford Head Golf Course: 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.

Golf Clubs in Hailsham, Uckfield and Crowborough Areas
Boars Head Golf Centre: www.boarsheadgolfcentre.co.uk Telephone: 01892 664545
Boars Head, Crowborough  TN6 3HD
Crowborough Beacon Golf Course: 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 Telephone: 01825 880088
Little Horsted, Uckfield  TN22 5ES
Horam Park Golf Club: www.horamparkgolfclub.co.uk Telephone: 01435 813477
Chiddingly Road, Horam, Heathfield  TN21 0JJ
Piltdown Golf Club: www.piltdowngolfclub.co.uk Telephone: 01825 722033
Piltdown, Uckfield  TN22 3XB
Wellshurst Golf and Country Club: 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.

Leisure Centres in the Lewes Area

Isenhurst Country Club: 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 Telephone: 01273 486000
Mountfield Road, Lewes BN7 2XG

Pells Pool: www.pellspool.org.uk Telephone: 01273 472334
Brook Street, Lewes BN7 2BA

Ringmer Swimming Pool: www.waveleisure.co.uk/ringmer-swimming-pool Telephone: 01273 813533
Lewes Road, Ringmer, East Sussex BN8 5RB

Southdown Sports Club: www.southdownsportsclub.co.uk Telephone: 01273 480630
Cockshut Road, Lewes BN7 3PR

Services
The individual Leisure Centres offer:

- 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.

Details
Contact the individual Leisure Centres for details and pricing information.
Sports and leisure

Leisure Centres in the Seaford, Peacehaven and Newhaven Areas

**Downs Leisure Centre**: www.waveleisure.co.uk Telephone: 01323 490011
Sutton Road, Seaford BN25 4QW

**Peacehaven Leisure Centre**: 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 Telephone: 01273 512498
Chapel Street, Newhaven, East Sussex BN9 9PN

**Seaford Head Sports Facility**: 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.

Leisure Centres in the Uckfield and Crowborough Area

**Crowborough Leisure Centre**: www.freedom-leisure.co.uk Telephone: 01892 665488
Eridge Road, Crowborough TN6 2TN

**Heathfield Leisure Centre**: www.freedom-leisure.co.uk Telephone: 01435 868824
Cade Street, Old Heathfield, East Sussex TN21 8RJ

**Isenhurst Health Club**: www.isenhurst.co.uk Telephone: 01892 661777
Farningham Road, Jarvis Brook, Crowborough, East Sussex TN6 2JD

**Isenhurst Health Club**: www.isenhurst.co.uk Telephone: 01825 749496
Bell Lane, Uckfield, East Sussex TN22 1QL

**Uckfield Leisure Centre**: www.freedom-leisure.co.uk Telephone: 01825 761160
Downsvew 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.
Bowles Centre
Sand Hill Lane, Eridge Green, Tunbridge Wells  TN3 9LW
Telephone: 01892 665665
www.bowles.ac/outdoor-activities

Services
The Centre offers:
• Skiing.
• Rock Climbing.
• Canoeing.

Details
Contact the Centre for details of pricing information.

Pilates Classes in the Eastbourne and Wealden Area
Emma’s Pilates: www.facebook/E E Pilates Telephone: 07817 308 288
Contact: Emma Peters, Email: 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 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.

The Saffrons
Compton Place Rd, Eastbourne  BN21 1EA
Telephone: 01323 724328
www.thesaffrons.co.uk

Services
The Saffrons has 22 acres of playing fields which includes a floodlit Astroturf 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

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.

Sports for the Disabled in the Eastbourne and Wealden Areas

Gym – Activate Gym (Chaseley Trust:) www.chaseley.org.uk Telephone: 01323 744200
Chaseley, East Sussex, Eastbourne, South Cliff BN20 7JH


Horse Riding: Riding for the Disabled (Heron Ghyll Carriage Driving Group:) www.heronsghyll-rda.co.uk Telephone: 0845 241 5347 East Sussex, Lewes BN8 6HA

Ringmer Swimming Pool: www.waveleisure.co.uk/ringmer-swimming-pool Telephone: 01273 813533 Lewes Road, Ringmer, East Sussex BN8 5RB


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.

Worthing Borough Council
Telephone: 01903 239999
www.worthing.gov.uk
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.

Adur District Council
Community and Wellbeing, Adur DC. Civic Centre, Ham Road, Shoreham-by-Sea
Telephone: 01273 263311
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.

Arun District Council
www.adur.gov.uk

Services
Museums Activities search Leisure centres Art Galleries.

Details
Can search for activities, groups and local events etc.

David Lloyd Centre
Romany Road, Worthing BN13 3DL
www.davidlloyd.co.uk
West Sussex Info  
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.

**Inspire Littlehampton Sports & Leisure Centre**  
Sea Road, Littlehampton  
Telephone: 01903 725451  
www.inspireleisure.co.uk  
**Services**  
Outdoor sports and activity linked sites.  
**Details**  
Swimming pool.

**Impulse Leisure Centre – Lancing**  
www.impulseleisure.co.uk  
**Services**  
Fitness classes, gymnasium and courts.  
**Details**  
Club locater on web site. Fitness suites/activities on site community development teams.

**Worthing Leisure Centre**  
www.worthingleisure.co.uk  
**Services**  
Fitness classes, gymnasium and courts.  
**Details**  
Wide range of sport activities provided by borough council.

**Aquarena Swimming Pool**  
Brighton Road, Worthing BN11 2EN  
www.worthingleisure.co.uk/worthingleisure/aq  
**Services**  
Fitness classes, gymnasium, swimming pool.
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: 10.45am 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 to 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.
Age UK: Fit as a Fiddle Healthy Lifestyle Programmes
Email Tony Lawrence: tony.lawrence@ageukwestsussex.org.uk
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.

Brighton & Hove Albion – Seagulls Specials: Making a Difference
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.

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: @AITCHHealth
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.

Walking for Health
www.wfh.naturalengland.org.uk
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.
Ultimate Pilates
35 Angus Road, Goring by Sea
Email: info@ultimate-pilates.co.uk
Services
Pilates classes.

Just Yoga
22 Marine Parade, Worthing
Telephone: 01903 820525
Services
Yoga Classes.

Bihar School of Yoga
Flat 2, 33 Winchester Road, Worthing
Telephone: 01903 820525
Services
Yoga classes.

Iyengar Yoga
Telephone Jill Fuller: 01903 245742
Email: jillfuller@onetel.net.uk
Services
Yoga classes.
Details
Goring

The Rowan Tree
Steeple View, Pelham Road, Worthing
Telephone: 01903 218022

Combat Karate
Chatsmore Catholic High School, Goring St, Goring
Telephone: 01903 530264
www.combat-karate.com
Details
Evening Class.
**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  
rachel.fitsteps@facebook.com

**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!
Impulse Leisure Southwick
Impulse Leisure, Old Barn Way, Southwick, West Sussex  BN42 4NT
Telephone Reception: 01273 238111 Membership: 01273 238117
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.

Worthing & District Piscatorial Society
East Worthing Community Centre, Pages Lane, Worthing  BN11 2NQ
Telephone Mr R. Baker: 01903 265899
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.

Adur Outdoor Activities Centre
Brighton Road, Shoreham
Telephone: 01273 462928
Email: info@aoac.org.uk
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.
Ropetackle Arts Centre
Telephone: 01273 464440
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
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.

ASAD
The Arena, Bognor Regis
Telephone Kate: 01243 583868

Services
Sports club held every Sunday 2.00pm - 4.00pm.