



Fact Sheet No.2

A-Z Guide to Help in the Home and useful telephone numbers

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Registered Charity No. 1015728
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Help in the Home

The main way for a person to get some help at home is through a needs assessment carried out by the City Council's Adult Social Care Services. Following this assessment and a financial assessment a care package may be offered, which may include services in the home. The person needing care may be required to make a financial contribution towards the cost of these services depending on his/her situation. A carer can also ask Adult Social Care Services at any time to carry out a carer's needs assessment to help make things easier.

The Carers Hub is a new focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. Details of the dedicated phone line and website for this are:

Tel: 01273 977000

Website: carershub.co.uk

Regular Coffee Mornings for carers are held at six locations in Brighton and Hove.

Some further services are included in this Fact Sheet. These may be provided by the Council, the NHS, charities, voluntary organisations or private agencies. The Carers Centre also produces the following Fact Sheets:

No 1 - Bereavement Services (local and other services)

No 3 - Respite Care Services (home care and specialist services)

No 4 - Benefits for Carers and those they care for (includes Carer's Allowance, Personal Independence Payment, Attendance Allowance, Universal Credit)

No 5 - Transport Services (includes services for the disabled and elderly)

No 6 - Community Care (social care services for adults, care plans, charges for services and the carer's needs assessment)

No 7 - Holidays (information for carers and the people they care for)

No 8 - Returning to Employment (support, advice and training)

No 9 – Stroke Support and Services (information, support and services for adults who have had a stroke and their carers)

No10 – Computer Skills and IT Training (free or low-cost local and online training)

No 11 – Caring for Someone While Working (flexible working)

Accident and Emergency (Royal Sussex County Hospital)

Tel: 01273 696955

Alarm Service

CareLink Plus is a 24-hour community telecare alarm service which allows vulnerable people in Brighton and Hove to summon assistance quickly in emergency situations. The scheme is run by the City Council.

Tel: 0300 123 3301

Email: CareLinkPlus@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Alzheimer's Society

Provides information and support in the Brighton and Hove area to people with dementia and their carers. Services include activity groups, carer support groups and home based respite.

Tel: 01273 726266

Email: brighton-hove@alzheimers.org.uk

Website: www.alzheimers.org.uk

Amaze

Provides information, advice and support to parents and carers of children and young people with special needs and disabilities in Brighton and Hove. Services cover such areas as education, health, leisure, benefits and training.

Tel: 01273 772289

Email: info@amazebrighton.org.uk

Website: www.amazebrighton.org.uk

Ambulance Service

24 hours. In an emergency can help with lifting if someone has fallen.

Tel: 999

Back Care Services

Back Care Support Service

This is a free service for carers provided by Sussex Community NHS Foundation Trust. Carers may be referred by a health or social care service or charitable organisation or may self-refer. A support worker will visit carers in their homes. Advice may cover safe ways of moving and handling, principles of good posture and caring for the back and equipment to help with manual handling.

Tel: 01273 696011 Ext.3310

Email: sc-tr.backcaresupportreferralline@nhs.net

Website: www.sussexcommunity.nhs.uk

Back Care

Provides Information and advice for all people affected by back pain. There is a leaflet entitled "Caring for Carers", which can be downloaded from the website.

Tel: 0208 977 5474

Email: info@backcare.org.uk
Website: www.backcare.org.uk

Befriending Services

Brighton Neighbourhood Care Scheme

A good neighbour scheme which supports older people, people with physical disabilities and carers. The scheme uses volunteers and operates in ten neighbourhoods of Brighton and Hove.

Tel: 01273 775888

Email: ncs@bh-impetus.org

Website: www.bh-impetus.org

Contact the Elderly

Provides a monthly Sunday afternoon tea party for people over 75 who are lonely or isolated and live in Brighton, Hove and Portslade with little or no social support.

Contact: Julia Rivas

Tel: 01273 805451

General enquiries: 0800 716543

Website: www.contact-the-elderly.org.uk

Email: Julia.rivas@contact-the-elderly.org.uk

Hop 50+

A befriending and wellbeing service at a centre in the Brunswick area of Hove for people over 50. Hosts a wide range of activities and social opportunities.

Tel: 01273 729603

Email: thehop50@impact-initiatives.org.uk

Website: www.impact-initiatives.org.uk

Brighton Unemployed Centre Families Project

The Centre provides support, education and advice for the unemployed, the unwaged, benefit claimants, pensioners, people on low incomes and people in poor housing. The Project offers welfare rights drop-ins, family support, childcare facilities and classes on a range of subjects including computing.

Tel: 01273 601211/671213

Tel: 01273 676171 (welfare rights)

Email: info@bucfp.org

Website: www.bucfp.org

Brighton Women's Centre

A resource centre run by women to support women in Brighton and Hove. Services include a drop-in, provision of advice and information, counselling, personal development activities, a Pre-School (Toybox) for 2-5 year olds and holistic therapy.

Tel: 01273 698036

Email: admin@womenscentre.org.uk

Website: www.womenscentre.org.uk

Blue Badges

If you have a permanent disability that affects your mobility and travel by car either as a driver or passenger you may be eligible for a Blue Badge which will allow you to park closer to your destination in disabled bays, pay and display bays etc. To find out if you are eligible for a Blue Badge contact the City Council – for details see below. An application form can be requested or downloaded from the website or requested by telephone. An application can also be made online.

Address: Brighton and Hove City Council, Parking Services, Hove Town Hall, Norton Road, Hove BN3 3BQ

Tel: 01273 296270

Email: BlueBadgeParking@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Cancer and Other Life-limiting Illnesses

Macmillan Cancer Support Line

Tel: 0808 808 0000 Monday to Friday 9am-8pm

Website: www.macmillan.org.uk

MacMillan Horizon Centre

The Centre offers support to cancer patients, their carers and other persons affected by cancer. It is located opposite the Sussex Cancer Centre in Brighton. Services include a drop-in for information and advice, counselling and therapies, physical activity, practical support, healthy eating and access to peer support. Contact details as below.

Tel: 01273 468770

E-mail: horizoncentre@macmillan.org.uk

Website: www.macmillan.org.uk

Marie Curie Support Line

Support can be obtained from this charity for anyone living with a terminal illness.

Tel: 0800 090 2309

Website: www.mariecurie.org.uk

The Palliative Care Partnership

The Sussex Community NHS Foundation Trust's Palliative Care Team and the Martlets Hospice have joined forces to provide advice and support for those with advanced cancer or other life-limiting illnesses and their carers. Referred to the service by a GP or other healthcare professional is required.

Tel: 01273 964164

Website: www.sussexcommunity.nhs.uk

CareLink Plus

See Alarm Service.

Carers' Card

This is a free card for carers giving discounts on a range of leisure, health, transport and other facilities in Brighton and Hove.

If you care for someone aged 18 years or over contact the City Council's Adult Social Care Access Point.

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

If you care for someone under 18 years old contact the City Council's Integrated Child Development and Disability Service.

Tel: 01273 295153

Applications for a Carers' Card can be made through the above contacts or online.

Website: www.brighton-hove.gov.uk

Carers News

This quarterly publication is produced by the Carers' Centre for Brighton and Hove and is free to carers. It contains information on carers' activities, resources and events. To receive a copy by email sign up on the website or contact the Carers Centre for a hard copy. It can also be downloaded from the website. Contact details are on the front of this Fact Sheet.

Chemists and Prescriptions

Some chemists will collect your repeat prescription from your doctor's surgery, and deliver medicines direct to your home. You should contact your chemist to confirm that they will deliver for you and then register with them.

If you or the person you care for need a lot of prescriptions, and you are not entitled to free NHS prescriptions, it may be worth buying a Prescription Prepayment Certificate (PPC). If you need more than 3 items in 3 months or more than 12 items in 12 months, a PPC could save you money. Details and an application form (Form FP95) can be obtained from chemists or GP surgeries or downloaded from the website. Some chemists are registered to sell PPCs. You can also apply by telephone or online but you will need a credit or debit card or bank details for this.

Tel: 0300 330 1341

Website: www.nhs.uk

Child Development Centre

The Seaside View Child Development Centre is based at Brighton General Hospital. It provides a flexible service for children with disabilities or developmental needs including family support. Referral by a health professional is required.

Tel: 01273 265780.

Childline

Provides support and counselling services for anyone under 19 years old in danger or distress or with personal problems. Available 24 hours by telephone or by email or counsellor chat, both through the website.

Helpline: 0800 1111 (freephone)

Website: www.childline.org.uk

Chiropody

The Podiatry Service at Brighton General Hospital provides a comprehensive range of foot health services to help people to manage problems through advice and specialist treatment. You will generally need to be referred by a GP or healthcare professional.

Tel: 01273 242184

Age UK

Has a nail-cutting service which costs £9.00 per session at a clinic or £11.00 at home. Available to Brighton and Hove residents over 50 years old, who have impaired eyesight, reduced mobility due to arthritis or an inability to reach their feet for physical or medical reasons.

Tel: 01273 720603

Email: info@ageuk-bh.org.uk

Website: www.ageuk.org.uk

Citizens Advice Bureau

Is an agency which offers free, impartial and confidential information and advice on a range of subjects including housing, employment, benefits, debt, healthcare and consumer and legal matters.

Address: Hove Town Hall, Tisbury Road, Hove BN3 3BQ

Tel: 0300 330 9033

Websites: www.citizensadvice.org.uk

www.brightonhovecab.org.uk (for local advice)

ColdAlert

This service provides advance warnings of severe weather in Sussex by text, voicemail, email etc. The service runs from November to March annually and can be used by carers. Register for the service by telephone.

Tel: 01273 484337

Website: www.coldalert.info

Email: information@coldalert.info

Community Transport

Provides accessible and affordable door-to-door transport services for people with mobility difficulties in the Brighton and Hove area including those in wheelchairs. There are Easylink bus services for shopping, lunch club, cinema club etc.

Tel: 01273 677559

Email: easylink@bhct.co.uk

Website: www.bhct.co.uk

Complaints about Services

Healthwatch

Healthwatch is a watchdog independent of the NHS and the City Council. It aims to help people in Brighton and Hove with a voice to make health and social care services work more effectively and provides information and signposting on services. Feedback on experiences can be submitted through an online centre called Brighton Pulse (see separate web address below).

Tel: 01273 234040
Email: info@healthwatchbrightonandhove.co.uk
Website: www.healthwatchbrightonandhove.co.uk
Brighton Pulse: www.brightonpulse.org

ICAS

The Independent Complaints Advocacy Service (ICAS) is a free and independent service to help and support Brighton and Hove residents in making complaints about care or treatment provided by the NHS.

Tel: 01273 229002
Email: info@bh-icas.org
Website: www.bh-impetus.org

Crossroads Care

Trained support workers provide home respite care for carers of both adults and children. Charges apply.

Tel: 01273 234021
Email: bhoffice@esbhcrossroads.org.uk
Website: www.esbhcrossroads.org.uk

Disability Advice

See Possability People.

Disability Benefits

For advice and information from the Department of Work and Pensions on:

Personal Independence Payment (PIP)

Tel: 0800 917 2222 (new claims)
Tel: 0800 121 4433 (general enquiries)

Disability Living Allowance (DLA)

Tel: 0800 121 4433

Attendance Allowance (AA)

Tel: 0800 731 0317

Domestic Violence and Sexual Abuse

Domestic Violence Helpline

This National Helpline is run by Women's Aid and Refuge in partnership. It provides support to women experiencing domestic violence, their family and friends.

Tel: 0808 200 0247 (freephone)

The Portal

The Portal is a partnership of leading Sussex domestic and sexual abuse charities. It provides help, advice and support for victims of domestic or sexual abuse and violence and their friends and families.

Tel: 0300 323 9985 (freephone)
Email: info@theportal.org.uk
Website: <http://theportal.org.uk>

Emergency Back-Up Scheme for Carers

This scheme aims to give some peace of mind to carers of disabled or ill people by providing alternative homebased care in an emergency for up to 48 hours. Carers are asked to draw up and register an emergency plan giving details of people who may be able to provide care in their place. Guidance Notes and an application form can be downloaded from the website. Alternatively, information and a copy of the form can be obtained from the City Council's Access Point.

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Energy Efficiency

You can obtain information and advice from the City Council about improving warmth and energy efficiency in private homes in Brighton and Hove.

Tel: 01273 293156

Email: energyefficiency@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Equipment for Disabled People

There are many aids, adaptations and equipment that can make your life a lot easier. See also Occupational Therapy Service and Wheelchairs.

The British Red Cross

The Mobility Aids Centre in Hove can provide short-term loans of mobility equipment including wheelchairs, commodes and toilet aids to people in need. They also sell equipment.

Tel: 01273 227814

Website: www.redcross.org.uk

Disability Equipment Service

A not-for profit organisation facilitating buying and selling of second-hand disability equipment and providing advice for potential buyers.

Tel: 07845 041678.

Website: disabilityequipmentservice.co.uk

REMAP

REMAP is a charity which designs, makes and supplies special equipment for disabled people. There is no charge for the equipment.

Tel: 01732 760209

Email: data@remap.org.uk

Website: www.remap.org.uk

Clearwell Mobility

Have shops selling a wide range of disability equipment.

Tel: 01273 692244 (110 Warren Road, Woodingdean, Brighton)

Tel: 01273 424224 (18 Boundary Road, Hove)

Email: brighton@clearwellmobility.co.uk

Website: www.clearwellmobility.co.uk

Food

Meals on Wheels

The City Council has three service providers for Meals on Wheels (Meals in the Community) which can be contacted direct:

License to Freeze – Tel: 01323 643726. Email: office@licensetofreeze.co.uk

Theresa Meals – Tel: 01323 441114.

Email: graham@mothertheresas.co.uk

Oakhouse Foods - Tel: 01273 582260. Email: webber@oakhousefoods.co.uk

Further information including menus can be found on the Council's website www.brighton-hove.gov.uk

There are also some private meals delivery services operating in the Brighton and Hove area. Examples are:

Coleman's:

Quality fresh and nutritious meals.

Tel: 01273 422913

Website: colemansqualityfoods.co.uk

Wiltshire Farm Foods

Frozen ready meals.

Tel: 0800 0773100

Website: www.wiltshirefarmfoods.com

Some shops can deliver groceries to your home. Here are some examples:

Iceland

You can order online. There may be a delivery charge.

Tel: 01273 680060 (Brighton)

Tel: 01273 327388 (Hove)

Website: www.iceland.co.uk

Co-operative Food

Provides free home delivery when you spend over £25, but you must shop normally in store first.

Tel: 01273 601521 (Brighton)

Tel: 01273 733947 (Hove)

Abel and Cole

Will deliver boxes of organic produce. You can order on line.

Tel: 0345 2626262

Website: www.abelandcole.co.uk

Some supermarkets provide online ordering services for which delivery charges generally apply. Examples are:

Sainsburys – www.sainsburys.co.uk

Tesco – www.tesco.com

Waitrose – www.ocado.com

Headway

Provides information, support and services to people with acquired brain injury, their families and carers. They have support groups at Dorset Gardens Methodist Church, off St James Street, Brighton BN2 1RL.

Tel: 01825 724323

Email: info@headwayeastsussex.org.uk

Helpline: 0808 800 2244 (available 9am-5pm, Mon–Fri)

Email: helpline@headway.org.uk

Website: www.headwayeastsussex.org.uk

Health Costs

Some people automatically get help with NHS charges, free prescriptions, optical vouchers towards the cost of glasses and hospital travel costs because of their age or particular personal circumstances. For instance, children under 16 and adults aged 60 or over are automatically exempt from paying prescription charges. People with certain medical conditions are also exempt from prescription charges providing they have valid exemption certificates.

Some people (along with their partners and dependent children) can qualify for certain health benefits because they receive, or they are included in an award of someone receiving, Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Pension Credit Guarantee Credit or Universal Credit. Others may qualify for help with some or all of the costs because they are named on a valid NHS Low Income Scheme certificate.

Further details are included in NHS leaflet HC12 – A Quick Guide to Help with Health Costs, which can be downloaded from the website. To find out more contact the NHS as follows:

Tel: 0300 330 1343

Website: www.nhs.uk/NHSEngland/Healthcosts

Health Services

For information on GPs, dentists, opticians and pharmacies in your area contact the NHS Brighton and Hove Clinical Commissioning Group. There is a Find your Nearest Service facility on the website.

Tel: 01273 238700

Email: bhccg.ccg@nhs.net

Website: www.brightonandhoveccg.nhs.uk

Integrated Primary Care Teams

Integrated Primary Care Teams work closely with GPs to give coordinated care and support. They bring together services previously provided by District/Community Nursing etc. They provide care to people aged 16 and over, who are registered with a GP in Brighton & Hove and have a long term condition or who are frail or elderly and housebound.

Health Trainers

The City Council's team aims to help people make positive changes to their health by giving advice, support and encouragement. The service is free and confidential.

Tel: 01273 294589

Email: healthylifestyles@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Health Visitors

Health Visitors visit families at home to provide health surveillance for children up to 5 years old. They can be accessed through Children's Centres. For details see the City Council's website.

Website: www.brighton-hove.gov.uk

HIV & AIDS

There are some local services and facilities for those living with HIV/AIDS and their carers/partners.

LGBT Switchboard

Offers information and support to lesbian, gay, bisexual and transgender people. Services include support in respect of HIV/AIDS and sexual health.

Tel: 01273 204050

Email: brighton.admin@switchboard.org.uk

Website: www.switchboard.org.uk

Terrence Higgins Trust

Provides help, support and advice for people covering HIV/AIDS and sexual health.

Tel: 01273 764200

Helpline: 0808 802 1221 (national)

Email: info@ttht.org.uk

Website: www.ttht.org.uk

Sussex Beacon

Is a specialist care centre for people living with HIV/AIDS providing inpatient and outpatient services.

Tel: 01273 694222

Website: www.sussexbeacon.org.uk

Home Adaptations

For home adaptations to take account of disability (e.g. hand rails or shower) – see Occupational Therapy Service.

Home Help

Age UK

Runs the Help at Home service, which provides self-employed home helps for people aged 65+ requiring practical assistance. Areas covered include cleaning, laundry, shopping and gardening.

Tel: 01273 765275

Email: helppathome@ageuk-bh.org.uk
Website: www.ageuk.org.uk

Brighton and Hove Neighbourhood Care Scheme

Supports older people, people with disabilities and carers within ten neighbourhoods of Brighton and Hove. The services include befriending, home support, small jobs, visits etc.

Tel: 01273 775888

Email: ncs@bh-impetus.org

Website: www.bh-impetus.org

Hospital Parking

Concessionary parking is available at Brighton and Sussex University Hospitals NHS Trust's hospitals for long-term patients and Cancer Centre patients and their relatives and carers. Contact the Trust's Transport Bureau at the Royal Sussex County Hospital.

Tel: 01273 696955 Ext. 4297 or 7607

Email: transport.bureau@bsuh.nhs.uk

Website: www.bsuh.nhs.uk

Housing

Specialist advice can be obtained from the Brighton Housing Trust regarding homelessness, housing, benefits and legal matters.

Tel: 01273 645400

Email: enquiries@bht.org.uk

Website: www.bht.org.uk

Council tenants should report non-emergency house repairs by one of the following means, including online:

Freephone: 0800 052 6140 (also for emergency repairs)

Tel: 01273 294409

Email: BHCC.repairs@mearsgroup.co.uk

Website: www.brighton-hove.gov.uk

People owning their own homes who are unable to get appropriate finance for essential repairs or improvements may be able to obtain help from the City Council.

Tel: 01273 293164

Email: psh@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Incontinence

Problems relating to incontinence are dealt with by the Bladder and Bowel Service at Hove Polyclinic.

Tel: 01273 265912

Email: sdo-tr.continence@nhs.net

Lifting

See Back Care Services.

Looking After Someone

This is a Council booklet providing information and advice for carers in Brighton and Hove. It can be downloaded from the Council website or obtained from the Council's Access Point.

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

MENCAP

Offers advice and support for people with learning disabilities, their families and carers.

Tel: 01273 479620

Helpline: 0808 808 1111

Email: helpline@mencap.org.uk

Website: www.mencap.org.uk

Mental Health Services

Brighton & Hove Wellbeing Service

This is a primary care based mental health service for people over 18 who are registered with a GP in Brighton and Hove. It offers a range of support for common mental health problems such as low mood, stress, anxiety and depression. The service is staffed by a team of qualified mental health specialists and runs in a variety of locations including many GP practices. Self-referral to the service is permitted. The service is available Mon-Fri, 8am-6pm.

Tel: 0300 002 0060

Email: bics.brighton-and-hove-wellbeing@nhs.net

Website: www.brightonandhovewellbeing.org/adults

Mental Health Rapid Response Service

This is a support service for adults living in Brighton & Hove, who feel that they need urgent help from mental health services. Anyone concerned about another person in this respect can also use the service, which is available 24 hours a day, 7 days a week.

Tel: 0300 304 0078

Sussex Mental Health Line

Anyone in Brighton and Hove experiencing mental health problems and requiring advice and support outside of normal hours can contact this line. The service is available Mon-Fri, 5pm-9am and 24 hours at weekends and bank holidays).

Tel: 0300 5000 101

Brighton Housing Trust

BHT offers mental health services to vulnerable people in Brighton and Hove.

Tel: 01273 645400

Website: www.bht.org.uk

Mind in Brighton & Hove

Mind works to promote good mental health in the City. It offers a wide range of local mental health services including advice, information, participation, support and wellbeing. Help for carers is included.

Tel: 01273 666950

Email: info@mindcharity.co.uk

Website: www.mindcharity.co.uk

Rethink Survivors of Suicide

Provides information, one-to-one support and group support for people in Brighton and Hove affected by suicide.

Tel: 01273 709060

Email: mendos@rethink.org

Website: www.rethink.org

Money Works

This service offers free, independent advice and support to people of Brighton and Hove struggling to manage their finances. It is part funded by the City Council.

Tel: 0800 988 7037 (advice line)

Website: www.advicebrighton-hove.org.uk/moneyworks

Motability Scheme

The Motability Scheme enables people who receive the Higher Rate Mobility Component of DLA or the Enhanced Rate Mobility Component of PIP or the Armed Forces Independence Payment to lease a new car, powered wheelchair or scooter.

Tel: 0300 456 4566

Website: www.motability.co.uk

NHS Health Advice

The National Health Service telephone line providing advice and medical help 24 hours a day.

Tel: 111

Occupational Therapy Service

The City Council's service aims to support people with disability or illness to remain independent and safe in their own homes. Help can be given to make all aspects of daily living easier including the use of equipment and home adaptations. For further information contact the Council's Access Point.

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk

Daily living equipment can be returned for refurbishment and reuse when no longer required.

Tel: 01273 894350

PALS (Patient Advice and Liaison Service)

PALS in hospitals provide advice, information and support to patients, relatives, carers and members of the public about local services and can help you resolve concerns informally. Details as follows:

PALS for Brighton and Sussex University Hospitals NHS Trust

Tel:: 01273 664511 or 664973

Email: pals@bsuh.nhs.uk

PALS for Sussex Community NHS Foundation Trust

Tel: 01273 242292

Email: sc-tr.serviceexperience@nhs.net

PALS for Sussex Partnership NHS Foundation Trust

Tel: 0300 304 2198

Email: pals@sussexpartnership.nhs.uk

See also the section on Complaints about Services.

Physiotherapy

Physiotherapy can treat injuries or some disabilities by improving the strength and mobility of joints, muscles etc. Referral for NHS physiotherapy can be through your GP although some practices in Brighton and Hove now permit self-referral. Enquiries should be made to your practice.

Possability People

This charity promotes independent living for disabled people, older people and anyone with an impairment or long term health condition. It offers advice, information and support to individuals on disability related matters including welfare benefits. See also Wheelchairs (Shop Mobility).

Tel: 01273 894040

Email: hello@possabilitypeople.org.uk

Website: www.possabilitypeople.org.uk

Samaritans

Provide confidential emotional support 24 hours a day for people experiencing distress or despair.

Tel: 01273 772277

Tel: 116 123 (national free)

Email: jo@samaritans.org

Website: www.samaritans.org

Sexual Health Line

Information and advice on all aspects of STIs including details of clinics.

Tel: 0300 123 7123 (freephone)

Stroke Association

The Association is concerned with combating stroke in people of all ages. It helps people affected by stroke and their families by providing information and support. It can advise on local stroke groups and clubs.

Tel: 0303 303 3100 (helpline)

Email: info@stroke.org.uk

Website: www.stroke.org.uk

Substance Misuse

The charity Pavilions offers advice and support services to relevant people and their families and carers in Brighton and Hove.

Tel: 0800 014 9819 or 01273 731900

Email: referrals@pavilions.org.uk

Website: www.pavilions.org.uk

Survivors' Network

This charity provides Information and support for those who have experienced sexual violence, their families and friends.

Helpline: 01273 720110.

Tel: 01273 203380

Email: help@survivorsnetwork.org.uk

Website: www.survivorsnetwork.org.uk

Sussex Eye Hospital Accident and Emergency

Tel: 01273 696955.

The Platform

This is a social enterprise hub which can help local people including those with mental health and learning difficulties gain work skills.

Tel: 01273 468200

Email: info@theplatform.org.uk

Website: www.theplatform.org.uk

Translation and Interpreting Services

Sussex Interpreting Services is a charity offering interpreter/translator services to minority ethnic communities in order to improve health and social care.

Tel: 01273 702005

Email: info@sussexinterpreting.org.uk

Website: www.sussexinterpreting.org.uk

Warmth for Wellbeing

The Citizens Advice Bureau offers free expert advice on making homes warmer and safer, gas and electricity deals and saving money.

Tel: 07483 170818

Email: fay.blockey@brightonhovecab.org.uk

Wheelchairs

The Sussex Rehabilitation Centre at Brighton General Hospital supplies, maintains, and repairs wheelchairs for people with a permanent disability. You must be referred to this service by a health or social care professional.

Tel: 01273 242156/7

Website: www.sussexcommunity.nhs.uk

You can also hire wheelchairs from:

British Red Cross (Hove)

Tel: 01273 227814

Shopmobility (Brighton)

Tel: 01273 323239

Churchers Mobility (Brighton)

Tel: 01273 775123

Scooter Mobility Hire (Brighton)

Tel: 01273 699603