

# BRIGHTON & HOVE COMMUNITY SERVICES 2019

FOR CURRENT DETAILS OF OPENING AND DROP-IN TIMES, PLEASE CONTACT THE ORGANISATIONS DIRECTLY

## 24 HOUR HELPLINES

### EMERGENCY SERVICES 999

Fire, police, ambulance and coastguard.

### SAMARITANS 116 123

Free confidential emotional support to people in distress or feeling suicidal.

### CHILDLINE 0800 1111

Free 24-hour counselling service for children and young people.

### NATIONAL DOMESTIC VIOLENCE HELPLINE 0808 2000 247

Helpline for women experiencing domestic violence and their supporters.

### ACCIDENT AND EMERGENCY 01273 696955

Royal Sussex County Hospital, Eastern Rd.

### RAPID RESPONSE (MHRS) 0300 3040078

Urgent response service for people who feel they are in mental health crisis.

## MONEY & BENEFITS

### CITIZENS ADVICE

0300 330 9033  
citizensadvice.org.uk/local/brighton-hove  
Tisbury Road Offices, Hove Town Hall, Tisbury Road, Hove  
General help and advice on any subject.

### EAST SUSSEX CREDIT UNION

0300 303 3188  
Hove Town Hall, Tisbury Rd, Hove BN3 3BQ  
Secure saving accounts and low cost flexible loans when most needed.

### BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT WELFARE RIGHTS SERVICE

01273 601211  
Welfare rights advice line: 01273 676171  
6 Tilbury Place  
Practical support & advice, free IT access, playroom, classes, volunteering, low-cost vegan lunch and laundry.

### CASE CENTRAL

01273 540717  
4 Crestway Parade, Hollingdean  
Social space, benefits advice, free clothes, food phone/IT/fax facilities.

### ST LUKE'S ADVICE CENTRE

01273 549203  
18 Exeter Street, Brighton  
Practical help, advice & guidance on welfare benefits, debt & tax credits. Appointment only.

### JOB CENTRE PLUS

0800 169 0190  
30-35 Edward Street, Brighton or  
87A Boundary Road, Hove  
Income support, job seekers allowance and other benefits.

### BRIGHTON AND HOVE CITY COUNCIL BENEFITS SERVICE

01273 292000  
Bartholomew House, Bartholomew Square  
Housing and council tax benefit claims. To apply go to: www.brighton-hove.gov.uk/benefits

### MONEY ADVICE PLUS

01273 664040  
Hove Town Hall, Tisbury Rd, Hove BN3 3BQ  
Offers appointments for debt & welfare benefit advice & casework (not a drop-in service).

### MONEYWORKS

0800 9887037  
Free, independent advice on a range of issues including debt, budgeting and benefits.

### BRIGHTON AND HOVE CITY COUNCIL WELFARE RIGHTS TEAM

Advice line: 01273 291116 Monday 10am-1pm  
The Welfare Rights Team help with cases where someone has been turned down for benefits.

## OLDER PEOPLE

### AGE UK BRIGHTON & HOVE

01273 720603  
29-31 Prestonville Road  
Practical services for the over 50s to enable them to maintain independent living.

### ALZHEIMER'S SOCIETY

01273 726266  
Montague House, Montague Place, BN2 1JE  
Support, advice and services for people with dementia, and their families and carers.

## YOUNG PEOPLE

### YOUNG PEOPLE'S CENTRE

01273 887886  
69 Ship Street  
Support for 11-25 year olds; counselling, health & well-being advice, sexual health service, social activities, food and free internet.

### YMCA YOUTH ADVICE CENTRE (YAC)

01273 624432  
11 St. George's Place  
Housing advice for homeless under 25s. Support, advice for 13-25 year olds; sexual health testing. Counselling referrals to Brighton Wellbeing service.

## CHILDREN

### FAMILY INFORMATION SERVICE

01273 293545  
www.familyinfobrighton.org.uk  
Information and advice about local services for parents, children and young people.

### BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT

01273 671213  
6 Tilbury Place  
Family support, activities, welfare advice, allotments project, and volunteering opportunities.

### AMAZE

See 'Groups at Community Base'.

## EMPLOYMENT & TRAINING

### NATIONAL CAREERS SERVICE

0800 100900  
Information, advice and guidance to help you make decisions on learning, training and work.

### YOUTH EMPLOYABILITY SERVICE

01273 294 247  
Information, advice and support for 16-19 year olds not in education, employment or training.

### WHITEHAWK INN

01273 682222  
Whitehawk Road, Brighton  
A community centre providing a range of courses, support and advice.

### FRIENDS CENTRE

01273 810210  
Brighton Junction, Isetta Square,  
35 New England Street  
Community learning centre providing programmes for adults to develop knowledge, skills and creativity.

## GENERAL & EMOTIONAL SUPPORT

### BRIGHTON & HOVE CITY COUNCIL ACCESS POINT

01273 295555  
Minicom (01273) 296205  
Advice and assessment for people with adult social care needs and their carers.

### BRIGHTON & HOVE IMPETUS

01273 229009  
Intergen House, 65-67 Western House  
Providing befriending, volunteering and support to connect with local services, groups and activities.

### BRIGHTON CUSTOMER SERVICE CENTRE

01273 290000  
Bartholomew House, Brighton, or  
Hove Town Hall, Tisbury Road, Hove.  
Access point for all Brighton and Hove City Council services.

### THE CARERS CENTRE FOR BRIGHTON & HOVE

01273 746222  
18 Bedford Place  
Charity supporting unpaid carers of all ages and backgrounds.

### CROSSROADS CARE

See 'Groups at Community Base'.

### COMMUNITY TRANSPORT (BRIGHTON, HOVE & AREA)

01273 677559  
Accessible and affordable transport for community groups, voluntary organisations and individuals with mobility difficulties.

### SAFE IN THE CITY

01273 290000  
Support for people experiencing anti-social behaviour, hate incidents or domestic violence.

### VICTIM SUPPORT

0808 168 9274  
Practical and emotional support for people affected by crime.

### CRUISE BEREAVEMENT CARE

See 'Groups at Community Base'.

## LESBIAN, GAY, BISEXUAL & TRANSGENDER

### ALLSORTS YOUTH PROJECT

01273 721211  
Young People's Centre, 69 Ship Street  
Supports children and young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

### THE CLARE PROJECT

01273 234009 (ask for Grace)  
tcpbrighton@gmail.com  
Provides support for the trans, non-binary, intersex and gender-variant community.

### BRIGHTON AND HOVE LGBT SWITCHBOARD

See 'Groups at Community Base'.

### MINDOUT

See 'Groups at Community Base'.

## WOMEN

### BRIGHTON WOMENS CENTRE

01273 696036  
22 Richmond Place  
Peer support drop-in, advice and signposting, food bank, O1sted registered.

### RISE

01273 622828  
Helping people affected by domestic abuse. Practical solutions, shelter and support.

### SURVIVORS' NETWORK

01273 203380  
6a Pavilion Buildings  
Helpline, counselling, advocacy and peer support services for survivors of sexual violence and abuse.

### OASIS PROJECT

01273 696970  
11 Richmond Place  
Support and services for women and families with current or former drug or alcohol problem.

### SEX WORKERS' OUTREACH PROJECT

Discreet confidential service for women who work in the sex industry. Helpline 5-7.30pm every Tuesday: 01273 087047; or text 07713 023 950.

## MEN

### MEN'S ADVICE LINE

0808 801 0327  
info@mensadvice.org.uk  
Support for men in abusive relationships.

### MANKIND

01273 911680  
www.mkcharity.org  
admin@mankindcounselling.org.uk  
Support and counselling for men who have been sexually abused.

## VOLUNTEERING

### COMMUNITY BASE VOLUNTEER SEARCH

01273 234000  
Free listing service to community groups to find volunteers and volunteers to find opportunities.

### VOLUNTEER CENTRE BRIGHTON, HOVE, ADUR AND WORTHING

01273 234826  
Help to match people to voluntary opportunities and support organisations looking for volunteers.

## MENTAL HEALTH

### BRIGHTON & HOVE WELLBEING SERVICE

0300 002 0060  
NHS service supporting people from age 4 years upward.

### BHT WELLBEING SERVICE

01273 929471  
27-29 North Street  
Support for men and women to improve and maintain their mental health and wellbeing.

### BRIGHTON & HOVE RECOVERY COLLEGE

01273 749500  
42 Frederick Place  
Courses as an educational route to recovery from mental health challenges.

### MIND BRIGHTON & HOVE

01273 666950  
51 New England Street  
Promoting good mental health across the city and Sussex.

### PRESTON PARK RECOVERY CENTRE

01273 565049  
18 Preston Park Avenue  
Support for people with mental health needs.

## MINORITY ETHNIC COMMUNITIES

### BLACK AND MINORITY ETHNIC COMMUNITY PARTNERSHIP (BMECP)

0300 303 1171  
10a Fleet Street  
Challenges racism and prejudice by raising awareness of the multicultural history of Britain.

### BRIGHTON AND HOVE BLACK HISTORY

See 'Groups at Community Base'.

### MOSAIC BLACK AND MIXED PARENTAGE FAMILY GROUP

See 'Groups at Community Base'.

### SUSSEX INTERPRETING SERVICES

See 'Groups at Community Base'.

## REFUGEES

### VOICES IN EXILE

01273 328598  
Fitzherbert Centre, 36 Upper Bedford Street  
Enables, provides advocacy for, accompanies and supports those seeking asylum.

### MIGRANT ENGLISH PROJECT

01273 696104  
Cowley Club, 12 London Road  
English lessons for refugees & asylum seekers. Only open on Monday.

### MIGRANT HELP

0808 800630 • www.migranthelpuk.org  
National helpline for asylum advice.

### IMMIGRATION LEGAL SERVICE

www.bht.org.uk/services/brighton-advice-centre/immigration-legal-service  
144 London Road  
Legal advice for refugee and asylum seekers

### REFUGEE RADIO

See 'Groups at Community Base'.

### SUSSEX INTERPRETING SERVICES

See 'Groups at Community Base'.

## HOMELESS PEOPLE

### BRIGHTON HOUSING TRUST

01273 645455  
144 London Road  
Advice, information and legal representation on housing and accommodation.

### FIRST BASE DAY CENTRE

01273 326844  
St Stephen's Hall, Montpelier Place  
Advice, food, showers, clothes, laundry and group activities.

### THE CLOCK TOWER SANCTUARY

01273 722353  
Wenlock House, 41-43 North Street  
Providing advice, life skills & arts sessions; laundry & cooking facilities for 16-25 year olds who are homeless and insecurely housed.

### ST ANNE'S DAY CENTRE

01273 602824  
St Mary's Church Hall, 61 St James Street  
Food, clothes and advice for homeless and marginalised people.

### PROJECT ANTI-FREEZE

01273 774140  
37 Portland Road  
Practical support for homeless people.

### ARCH HEALTHCARE

01273 003930  
Morley Street  
Specialist GP surgery for homeless patients only: this includes street homeless, sofa surfers, temporarily housed and the traveller community.

### BRIGHTON SOUP RUN

Hot soup, bread and tea.  
Kings Road, first shelter past the Peace Statue  
• Every evening, 7pm-7.30pm  
Madeira Lift, Marine Parade  
• Every evening, 8pm-8.30pm

### ST JOHN AMBULANCE HOMELESS SERVICE

01273 371540  
Healthcare for homeless & vulnerable people.

### First Base Day Centre, Montpelier Place

• Mon, 9am-11.30am  
Peace Statue, Kings Road  
• Thu, 6.30pm-7.30pm  
Podiatry Clinic, First Base  
• Thu, 9am-11.30am

## HEALTH & SEXUAL HEALTH

### NHS 111

111  
Non-emergency medical help and advice.

### BRIGHTON STATION HEALTH CENTRE (NHS WALK IN CENTRE)

0333 321 0946  
Aspect House, 84-87 Queens Road  
GP surgery and walk in centre.

### EMERGENCY NHS DENTAL SERVICE

If you don't have a dentist, use NHS 111.

### SEXUAL HEALTH AND CONTRACEPTION (SHAC) BRIGHTON AND HOVE SERVICE

01273 523388  
Morley Street  
Free, confidential service.

### TERRENCE HIGGINS TRUST

01273 764200  
61 Ship Street  
Confidential support and counselling on HIV and other sexual health issues, free HIV / STI testing and condoms.

### HEALTHWATCH

See 'Groups at Community Base'.

### PATHWAYS TO HEALTH

See 'Groups at Community Base'.

## DRUG & ALCOHOL SERVICES

### PAVILIONS DRUG AND ALCOHOL SERVICE

01273 731900  
Richmond House, Richmond Road  
Confidential support and treatment to help over 18s achieve their drug and alcohol use goals.

### EQUINOX

See groups at Community Base

### CASCADE CREATIVE RECOVERY

07477 072 956  
Cascade Coffee Shop, 24 Baker Street  
Community hub offering information, support, 1-to-1 coaching, groups & activities for anyone in or seeking recovery from drugs & alcohol.

## DISABLED PEOPLE

### BRIGHTON & HOVE SPEAK OUT

01273 421921  
The Brightheim Centre, North Road  
Supports adults with learning disabilities to speak up and be heard.  
POSSIBILITY PEOPLE  
01273 894040  
Montague House, Montague Place  
Services and advice for disabled people and those with impairments or long term health conditions.

### GRACE EYRE

01273 201900  
36 Montefiore Road  
Helping people with learning disabilities gain independence.

### SHOPMOBILITY

01273 323239  
Wheelchairs and mobility scooters for hire.

### EAST SUSSEX ASSOCIATION OF BLIND AND PARTIALLY SIGHTED PEOPLE

01323 832252  
www.eastsussexblind.org  
Advice, information, home visits and social clubs to assist the independence of blind and partially sighted people.

### ACTION ON HEARING LOSS

See 'Groups at Community Base'.

### ASSERT (B&H)

See 'Groups at Community Base'.

### CAROUSEL

See 'Groups at Community Base'.

### MENCAP

See 'Groups at Community Base'.

## GROUPS AT COMMUNITY BASE

### ACTION ON HEARING LOSS

01273 840960  
Providing advice, support & information for people who are D/deaf, have hearing loss and/or tinnitus.

### AFRICAN CENTRE FOR DEVELOPMENT AND RESEARCH

01273 810279  
Promoting inclusion, equality and justice for all through non-formal learning and research.

### AMAZE

01273 772289  
For disabled children and young people in Sussex.

### ASSERT (B&H)

01273 234850  
Support for adults with Asperger syndrome or high functioning autism and their carers.

### BRIGHTON & HOVE BLACK HISTORY

01273 234835  
Challenges racism and prejudice by raising awareness of the multicultural history of Britain.

### BRIGHTON & HOVE FOOD PARTNERSHIP

01273 234810  
Providing a range of food activities that connect people and help transform lives.

### CAROUSEL

01273 234734  
Opportunities in creative arts activities for people with learning disabilities.

### COMMUNITY WORKS

01273 234023  
Connects charities, volunteers and businesses, so they can make our society and local areas better.

### CREATIVE FUTURE

01273 234780  
Resources, support and showcasing opportunities for artists and writers who face discrimination.

### CROSSROADS

01273 234021  
Providing reliable, quality respite care to enable carers to take a well-earned break.

### CRUISE BEREAVEMENT CARE

01273 234007  
Advice, information, counselling for bereaved people and opportunities for social contact.

### DANCE PROFESSIONALS FUND

01273 234011  
Helps members and former members of the dance profession who are experiencing financial or emotional difficulties.

### EQUINOX

01273 234869  
Helping hostel residents and street community to access drug and alcohol treatment.

### FRACK OFF

07858 614861  
Supporting community groups across the UK in the fight against unconventional oil and gas extraction.

### FRIENDS, FAMILIES AND TRAVELLERS

01273 234777  
National charity working on behalf of all Gypsies, Travellers and Roma regardless of ethnicity, culture or background.