

# COMMUNITY BASE POSTER GUIDE TO COMMUNITY SERVICES IN BRIGHTON AND HOVE 2011

## GROUPS AT COMMUNITY BASE

**AMAZE (01273) 234020**  
offers support and information to parents and carers of children with special needs  
• Helpline (01273) 772289 Monday-Thursday 9.30am-noon, Thursday 6pm-8pm

**ASSERT (B&H) (01273) 234850**  
supports adults with Asperger syndrome or high functioning autism and their carers living in Brighton and Hove

**AUDIOACTIVE (01273) 234808**  
provides training in the production of contemporary popular music for children and young people

**BHT ADVICE CENTRE (01273) 234737**  
provides advice, information and legal representation on housing and accommodation  
• Opening hours Monday, Tuesday, Wednesday and Friday 9.30am-12.30pm and 1.30pm-4.30pm

**BRIGHTON AND HOVE BLACK HISTORY (01273) 234835**  
challenges racism and prejudice by raising awareness of the multicultural history of Britain, particularly Brighton, Hove and Sussex

**CAROUSEL (01273) 234734**  
provides opportunities for people with learning disabilities to be involved in creative arts activities

**CROSSROADS CARE BRIGHTON AND HOVE (01273) 234021**  
runs a care attendant scheme that gives carers a break from caring

**CRUSE BEREAVEMENT CARE (01273) 234007**  
offers help to all bereaved people by providing advice, information, counselling and an opportunity for social contact  
• Drop-in Wednesday 10am-12.15pm, first hour for newcomers

**EAST SUSSEX CREDIT UNION (01273) 234858**  
provides secure savings accounts and low cost flexible loans when most needed  
• Drop-in enquiries Monday-Friday 10am-3pm  
• Phone enquiries Monday-Friday 9.30am-4pm

**FRIENDS, FAMILIES AND TRAVELLERS (01273) 234777**  
offers advice and information to all members of the Traveller community throughout the country, both traditional and new, housed or on the road

**GENDER TRUST**  
provides information and support to people who consider themselves transsexual, gender dysphoric or transgender, their partners, families and professionals  
• Helpline 0845 231 0505

**IMMIGRATION LEGAL SERVICE**  
provides legal advice and assistance on all immigration and asylum issues  
• Helpline (01273) 234755 Monday-Friday 10am-noon

**MEDITERRANEAN RESOURCES NETWORK (01273) 234040**  
provides information and support to not-for-profit and community groups from, or with an interest in, the Mediterranean region

**MENCAP (01273) 234759**  
works with people with a learning disability to support them to lead full lives

**MOSAIC BLACK AND MIXED PARENTAGE FAMILY GROUP (01273) 234017**  
is a community support group for black and mixed parentage families and individuals

**NHS SUPPORT FEDERATION (01273) 234822**  
is an independent organisation that works to protect and promote a comprehensive national health service

**NOVAS SCARMAN (01273) 234854**  
distributes small grants and provides ongoing support to active citizens and community groups

**RHYTHMIX (01273) 234789**  
provides opportunities for young people to make music and training for music leaders across the south east

**RYICO (01273) 234836**  
supports vulnerable young people in Rwanda and raises awareness locally of Rwanda and its culture

**SANCTUARY CARR-GOMM (01273) 234762**  
provides supported accommodation for single people over 18

**SCIP (01273) 234049**  
explores ways in which new information and communications technology can benefit local community development

**SUSSEX INTERPRETING SERVICES (01273) 702005**  
provides trained community interpreters free of charge in order to increase access to local public services to non-English speakers from black and ethnic minority communities

**TB ALERT (01273) 234029**  
raises awareness of Tuberculosis in the UK, Africa and Asia and funds projects which increase access to treatment for all

## SOME 24 HOUR HELPLINES

**EMERGENCY SERVICES 999 or 112**  
fire, police, ambulance and coastguard

**THE SAMARITANS 0845 7909 090**  
offers confidential emotional support to people feeling suicidal or in distress

**CHILDLINE 0800 1111**  
is a confidential helpline for children and young people

**NATIONAL DOMESTIC VIOLENCE HELPLINE 0800 2000 247**  
is a confidential helpline for women experiencing domestic violence

**TALK TO FRANK 0800 776600**  
offers confidential advice and information about drugs

**NHS DIRECT 0845 4647**  
offers confidential health advice and information

**SEXUAL HEALTH DIRECT 0800 567123**  
provides confidential information and advice on contraception, sexually transmitted infections and pregnancy

**DRINKLINE 0800 9178 282**  
provides support and information to people with alcohol problems

## GENERAL AND EMOTIONAL SUPPORT

**THE SAMARITANS (01273) 772277 or text 07725 909090**  
offer confidential emotional support to people feeling suicidal or in distress  
Dubarry House, Newtown Road, Hove Daily 10am-10pm  
• 24 hour national helpline 0845 790 9090

**VICTIM SUPPORT 0845 389 9528**  
provides practical and emotional support to people affected by crime  
Unit 11, Riverside Business Centre, Brighton Road, Shoreham-on-Sea

**ACCESS POINT (01273) 295555 or minicom (01273) 296388**  
offers information about local social care services

**COMMUNITY MENTAL HEALTH CENTRE DROP-IN SERVICE (01273) 749500**  
is a friendly, informal place where you can find out about a range of services, gain support and meet new people  
79 Buckingham Road  
Monday-Friday 9.30am-5pm

**CITY DIRECT**  
is the access point for all Brighton and Hove City Council services  
Bartholomew House, Bartholomew Square, Hove Town Hall, Tisbury Road, Hove and Victoria Road, Portslade  
Monday-Friday 9am-4.30pm

## CHILDREN

**FAMILY INFORMATION SERVICE (01273) 293545**  
provides information and advice about local services for parents, children and young people  
Brighton Town Hall, Bartholomew Square  
• Drop-in Monday-Friday 9am-5pm

**BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT (01273) 671213**  
is a child-friendly community centre offering food, support, advice and training opportunities  
6 Tilbury Place  
Monday-Friday 10am-4pm  
• Cafe and children's corner Monday-Friday 10am-4pm  
• Cheap vegan meals, including children's portions Monday-Friday 1pm-1.30pm  
• Free creche Monday-Friday 10.30am-1pm, Monday-Wednesday 1.45pm-3.45pm

**THE COWLEY CLUB (01273) 696104**  
is a radical social centre with a child friendly cafe, library and bar  
12 London Road  
• Child friendly vegan community cafe Tuesday-Friday noon-4pm  
• Vegan breakfasts usually Saturday 10am-4pm  
• Kids Club Tuesday, Wednesday and Thursday 10am-1pm

## MONEY AND BENEFITS

**CITIZENS ADVICE BUREAU 0845 1203710**  
offers free, confidential advice on a wide range of issues  
Hove Town Hall, Tisbury Road, Hove  
• Drop-in Monday-Friday 9.15am-11.15am  
• Phone advice line Monday-Friday 9.30am-noon and Monday, Wednesday and Thursday 1pm-3.30pm

**BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT WELFARE RIGHTS SERVICE**  
offers independent advice and support about benefits and welfare rights, a free play room, cafe, temporary housing support and courses  
6 Tilbury Place  
Monday-Thursday 10.30am-1pm and 2pm-4pm, Friday 2pm-4pm drop in only  
• Confidential answerphone service (01273) 676171

**BRIGHTON AND HOVE UNWAGED ADVICE AND RIGHTS CENTRE (01273) 540717**  
provides advice and representation on welfare and employment rights, vegetable shop, free clothes and books, baby equipment loan scheme and has fax and computer facilities  
4 Crestway Parade, The Crestway, Hollingdean

**ST LUKE'S ADVICE CENTRE (01273) 549203**  
offers support, practical help, advice and guidance on welfare benefits, debt and a range of other issues  
18 Exeter Street, Brighton  
Monday, Wednesday and Thursday 10am-4pm, Friday 10am-1pm

**COWLEY CLUB WELFARE RIGHTS ADVICE**  
offers free and confidential advice on issues to do with claiming benefits, housing and work issues  
Cowley Club, London Road  
• Drop-in Monday 5pm-6.15pm

**JOB CENTRE PLUS (01273) 647400**  
is where to claim income support, job seekers allowance and other benefits  
30-35 Edward Street  
Monday-Friday 9am-5pm

**BRIGHTON AND HOVE CITY COUNCIL BENEFITS SERVICE (01273) 292000**  
is where to claim housing benefit and council tax benefit  
Priority House, Bartholomew Square  
Monday-Friday 8.45am-4.30pm

**MONEY ADVICE AND COMMUNITY SUPPORT SERVICE**  
offers advice and assistance to people having trouble managing their financial affairs  
• Helpline (01273) 664040 Monday, Wednesday and Thursday 10am-noon and Tuesday-Friday 2pm-4pm

## WOMEN

**BRIGHTON'S WOMEN CENTRE (01273) 698036**  
offers information, advice, counselling, holistic therapies, on-site Ofsted registered pre-school and other services for women  
72 High Street, Kemptown  
Monday and Wednesday 12.30pm-3.30pm, Tuesday 5pm-7pm, Thursday 9.30am-11.30am

**RISE (01273) 622822**  
offers help to women, children and young people living with the effects of domestic abuse  
• 24 hour helpline 0808 2000 247

**SURVIVORS' NETWORK**  
runs a helpline and Thursday drop-in for female survivors of sexual violence and abuse  
• Helpline (01273) 720110 Wednesday 7pm-9pm and Friday 7pm-midnight

**BRIGHTON OASIS PROJECT (01273) 696970**  
offers support, advice and a range of services and activities to women with a current or former drug or alcohol problem  
22 Richmond Place  
Monday-Friday 9am-5pm

**SEX WORKERS' OUTREACH PROJECT (SWOP) (01273) 675526**  
offers a discreet, confidential and friendly service for women who work in the sex industry including free condoms and advice, support and information on health, safety and other issues  
Brighton Oasis Project, 22 Richmond Place (ask for Mel or Jo)  
Phone or text 07801 376158 or 07880 716001 with name and language to get a call back

## OLDER PEOPLE

**AGE CONCERN (01273) 720603**  
offers a wide range of services to people aged 50 and over  
29-31 Prestonville Road  
• Information and advice Monday-Friday 10am-4pm  
• Computer drop-in Monday, Wednesday and Thursday 10am-1pm  
• CLAIT (Computer Literacy And Information Technology) training Tuesday 10am-1pm by appointment only  
• Coffee morning Wednesday 10am-11.30am  
• Stretch and relax yoga-based exercise Wednesday noon-1.30pm  
• Extend exercises Thursday 10.30am-11.30am  
• Tai Chi Thursday 11.30am-1pm, Friday 11am-noon  
• Poetry workshop fortnightly Friday 1pm-2.30pm  
• Reflexology Wednesday 1pm-4pm  
• Legal and will writing clinic Thursday 1pm-3pm by appointment only  
• Bridge group Thursday 1.30pm-3.30pm  
• Free counselling service - phone for details  
• Nail cutting service - phone for details  
• Home helps - phone for details  
• Gardeners - phone for details

**ALZHEIMER'S SOCIETY**  
offers support and advice to people with dementia, their carers and relatives  
• Helpline (01273) 726266 daily 9am-9pm

## VOLUNTEERING

**BRIGHTON AND HOVE VOLUNTEER SEARCH (01273) 234000**  
puts people looking for volunteer opportunities in touch with community and voluntary groups with volunteer opportunities in Brighton and Hove  
Community Base, 113 Queens Road  
Monday-Friday 8.30am-4.30pm

**VOLUNTEER CENTRE BRIGHTON AND HOVE (01273) 737888**  
helps to identify volunteering opportunities for people that want to volunteer in not-for-profit organisations  
Intergen House, 65-67 Western Road, Hove  
Tuesday and Wednesday 10am-4pm

## EMPLOYMENT

**BRIGHTON AND HOVE COMMUNITY JOB SEARCH (01273) 234000**  
lists and sends you email updates about community job vacancies with charities, community groups, local government and health services in and around Brighton and Hove  
Community Base, 113 Queens Road  
Monday-Friday 8.30am-4.30pm

**THE BRIDGE COMMUNITY EDUCATION CENTRE (01273) 294929**  
is a community adult education and development service in Moulsecomb offering support back into training and employment  
Lucaft Road, Moulsecomb  
• Drop in sessions Monday 1pm-3pm, Wednesday 11.30am-1pm, Friday 10am-noon

**THE ROUTEWAY SERVICE AT CARE CO-OPS (01273) 685300**  
provides work-focused opportunities for local adults in particular those with learning disabilities and mental health issues

## LESBIAN, GAY, BISEXUAL AND TRANSGENDER

**BRIGHTON AND HOVE LGBT SWITCHBOARD (01273) 204050**  
provides a listening ear, support and information for the LGBT community  
Daily 5pm-11pm

**ALLSORTS (01273) 721211**  
offers support to young people under 26 who are lesbian, gay, bisexual, trans or unsure of their sexual orientation  
Young People's Centre, 69 Ship Street  
• Drop-in Tuesday 5.30pm-8.30pm

## DISABLED PEOPLE

**DISABILITY ADVICE CENTRE (01273) 203016**  
offers information and advice about disability matters and disability welfare benefits  
6 Hove Manor, Hove Street, Hove  
Monday-Friday 10am-4pm

## REFUGEES

**BRIGHTON VOICES IN EXILE (01273) 328598**  
enables, provides advocacy for, accompanies and supports those seeking asylum  
55 Upper North Street, entrance on Spring Street

**MIGRANT ENGLISH PROJECT 07758 862953**  
runs free English lessons for refugees and asylum seekers  
Cowley Club, 12 London Road  
Monday 1pm-4pm

## YOUNG PEOPLE

**YOUNG PEOPLE'S CENTRE (01273) 887886**  
offers free learning opportunities, activities, confidential information, support and counselling to 13-25 year olds  
• free safer sex materials  
• free chlamydia testing  
• free C Card scheme  
65 Blatchington Road, Hove  
• Information and advice drop-in Monday-Friday 3pm-6pm  
• Sexual health nurse Tuesday 3pm-5.30pm and Thursday 4pm-7pm  
• Housing advice Thursday 3pm-6pm  
• Mental wellbeing worker Monday and Thursday 3pm-6pm  
• Connexions drop-in Wednesday 10am-6pm

**SUSSEX CENTRAL YMCA HOUSING (01273) 828828**  
offers housing support, housing benefits advice and life skills courses to 16-25 year olds  
Ovest House, 58 West Street  
• Drop-in Monday-Friday 1pm-5pm  
• Specialist advice for under 18 year olds Monday, Tuesday, Thursday and Friday 9.30am-noon, Monday-Friday 1pm-5pm  
• Housing benefits drop-in Wednesday 1pm-4pm

**CONNEXIONS PLUS (01273) 294247**  
offers information, advice and support to young people aged 13-19 about employment, benefit, education, health and more

**WORTH TALKING ABOUT 0800 282 930**  
offers young people under 18 impartial and confidential information and advice on sexual health, puberty, relationships and contraception

## ENGLISH LANGUAGE LESSONS

**BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT (01273) 671213**  
runs free drop-in English lessons  
6 Tilbury Place  
Tuesday 11am-12.30pm and 2pm-3.30pm

**CITY COLLEGE BRIGHTON AND HOVE (01273) 667788**  
runs English lessons at various times and levels that are discounted to refugees/asylum seekers or those on benefits  
Pelham Street

## HEALTH AND SEXUAL HEALTH

**ACCIDENT AND EMERGENCY (01273) 696955**  
offers 24 hour help in case of accident or medical emergency  
Royal Sussex County Hospital, Eastern Road

**CRI HARM REDUCTION SERVICE (01273) 607575**  
offers advice and information about drugs and alcohol misuse  
11 St George's Place  
• Drop-in and needle exchange Monday, Tuesday and Thursday 10am-4pm, Wednesday noon-7pm, Friday 10am-3pm, Saturday 10am-1pm

**DOCTORS ON CALL (SOUTH EAST HEALTH) 0845 456 5420**  
provide medical advice and help whenever GP surgeries are closed

**BRIGHTON STATION HEALTH CENTRE (01273) 203058**  
offers healthcare advice and treatment for minor illnesses and injuries  
Aspect House, 84-87 Queens Road  
Every day including bank holidays 8am-8pm

**EMERGENCY NHS DENTAL SERVICE (01273) 486444**  
provides access to emergency dental treatment  
Monday-Friday 6.30pm-9.30pm, Saturday, Sunday and bank holidays 9am-1pm

**NHS DENTAL HELPLINE 0300 1000 899**  
gives details of local dentists accepting NHS patients  
Monday-Friday 8.30am-5pm

**MORLEY STREET CASH (CONTRACEPTIVE AND SEXUAL HEALTH SERVICE) (01273) 242091**  
offers free sexual health advice, counselling and treatment  
Morley Street  
• Free emergency contraception, condoms and contraceptives  
• Free chlamydia testing for under 25 year olds  
• Free pregnancy testing

**TERRENCE HIGGINS TRUST 0845 1221 200**  
offers confidential support and counselling on HIV and sexual health issues + free condoms  
61 Ship Street  
• HIV fast testing for men who have sex with men Monday 6pm-8.30pm  
• Free condoms Monday-Friday 9.30am-5.30pm  
• THT Direct national helpline 0845 1211 200 Monday-Friday 10am-10pm and Saturday and Sunday noon-6pm

## IF YOU ARE HOMELESS

**FIRST BASE DAY CENTRE (01273) 326844**  
provides advice on health, sexual health and other matters, food, showers, clothes, laundry and group activities  
St Stephen's Hall, Montpelier Place

**ST PATRICKS (01273) 749561**  
is a night shelter for men  
1-3 Cambridge Road

**CLOCKTOWER SANCTUARY DAY CENTRE (01273) 722353**  
provides an advice and support service to homeless 16-25 year olds  
14 Dyke Road  
Monday and Saturday 11am-3pm, Tuesday-Friday 11am-5pm

**ST ANNE'S DAY CENTRE (01273) 602824**  
provides food, clothes and advice for homeless and marginalised people  
St Mary's Church House Hall, 61 St James Street  
Monday-Friday 10am-1pm except bank holidays

**BRIGHTON HOMELESS HEALTHCARE (01273) 385500**  
is a doctor's surgery for homeless people, or people in temporary accommodation, not registered with a doctor (you must register with the surgery before being seen)  
Morley Street  
• Drop-in Monday, Wednesday and Friday 10am-11am

**THE BIG ISSUE (01273) 724129**  
offers homeless and vulnerably housed people the opportunity to earn a legitimate income by selling a magazine to the general public  
Unit 7, Orange Row, Brighton  
Monday, Tuesday, Thursday, Friday 9am-1pm and 2pm-4.30pm, Wednesday 9am-1pm

**BRIGHTON SOUP RUN**  
offers hot soup, bread and tea  
• Peace Statue, Kings Road Every evening 7pm-7.30pm, Saturday 1pm  
• Middle Walk at the bottom of the ramp near Terraces Bar Every evening 8pm-8.30pm

**ST JOHN AMBULANCE HOMELESS SERVICE (01273) 371500**  
provides primary healthcare to homeless and vulnerable people  
• First Base Day Centre, Montpelier Place Monday 9.15am-10.30am  
• St Anne's Day Centre, St Mary's Church House Hall, 61 St James Street Monday 10.45-noon  
• St Patrick's, 1 Cambridge Road Tuesday 7pm-8pm  
• Peace Statue, Kings Road Thursday 7pm-8pm

## TRANSLATIONS

中文版	SLOVENČINA	انگلیسی
POLSKI	FRANÇAIS	LIETUVIŠKAI
РУССКИЙ	PORTUGUÊS	بالغة العربية
ČEŠTINA	ESPAÑOL	বাংলা

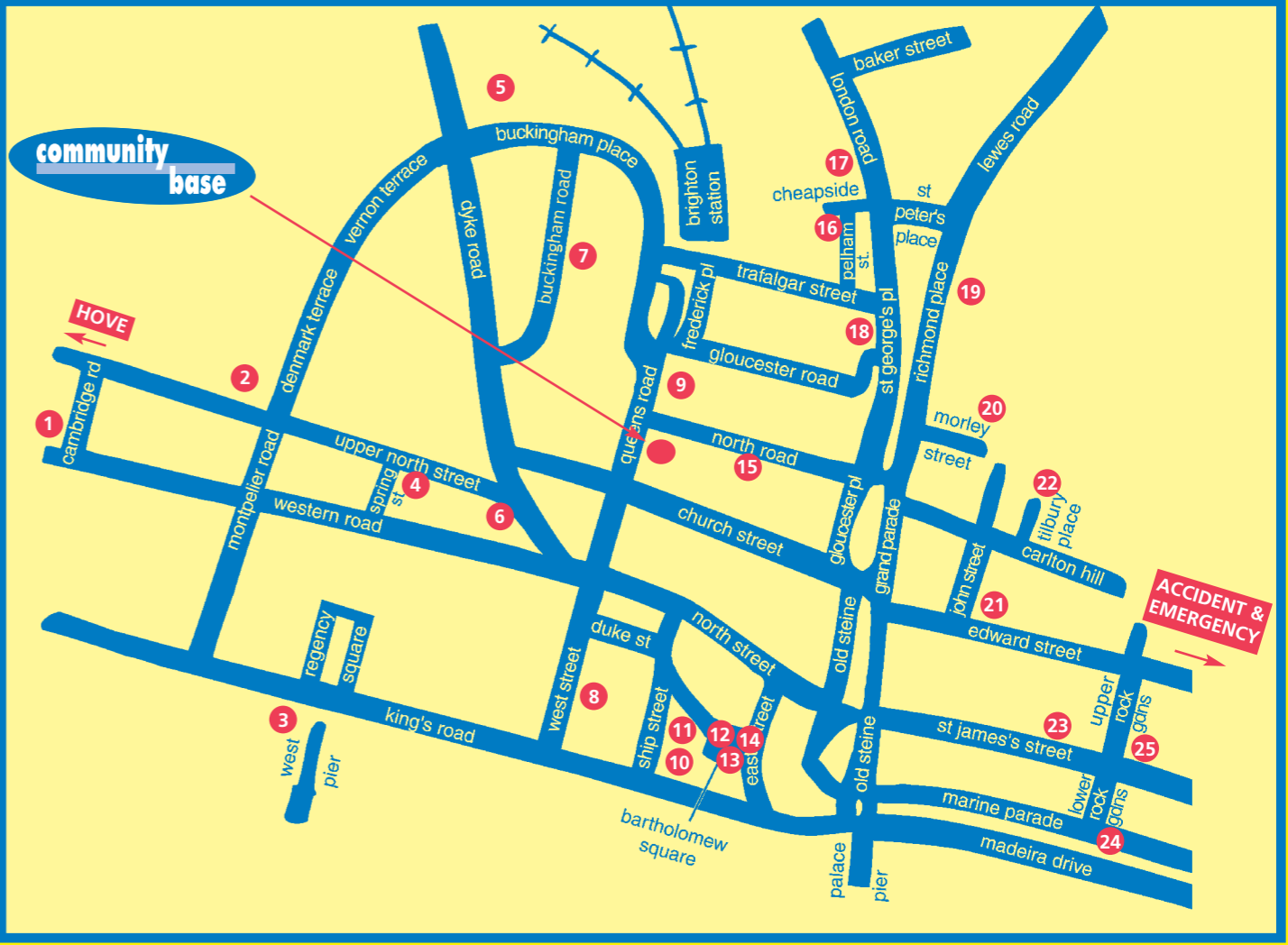
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## CONTACT US

**COMMUNITY BASE**  
113 Queens Road, Brighton BN1 3XG  
Reception Monday-Friday 8.30am-4.30pm  
(01273) 234000 • [reception@communitybase.org](mailto:reception@communitybase.org)



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