

Brighton & Hove Services, Support and Guidance

Release date:
27/10/2021

**If you are experiencing any symptoms
of Covid-19 / Coronavirus the latest
information can be found at
gov.uk/coronavirus**

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The Ageing Well Directory was created at the start of the COVID-19 Pandemic to provide information about what services were available to people during this time.

We are now seeing services and activities starting to open up to the public again for in-person meeting. We want to let you know about what is available to you as these changes are happening and provide options for everyone, whether you are starting to get out more or wanting to continue to take advantage of phone and virtual opportunities available to you at home.

We advise that you continue to be mindful of the pandemic and guidance around this, and that you follow the requests asked of you by each service you access.

Ageing Well will be updating the information monthly, so please keep checking our website for the most recent version, or join our mailing list. The directory will be sent out every 3rd Thursday of the month.

Please Note: The information provided within this directory does not represent a recommendation or endorsement from Ageing Well for a service or provider. Ageing Well will always endeavour to keep the information included in this directory accurate and up-to-date, but we will not be held responsible for any inaccuracies. Please use your own discretion when contacting or making use of the information provided here.

You are always welcome to contact Ageing Well if you would like to discuss any of the service options or organisations listed in more detail.



**Information on
all services**

Ageing Well

Ageing Well is a signposting and support service for people aged 50+ in Brighton & Hove.

You can use this service as a point of contact for information and support during COVID-19 (Coronavirus) crisis.

Call our number to talk to us about your needs at this time and we will try to help you find solutions.

If you have any questions about any of the services listed below, please do not hesitate to give us a call.

WEBSITE

**Call: 01273
322947**

**Text: 07770 061
072**

**Mon – Fri:
9am – 5pm
Bank Holidays:
Closed**

EMAIL

**Important
information
from the
government**

While cases are high and rising, everybody needs to continue to act carefully and remain cautious. This is why we are keeping in place key protections:

- testing when you have symptoms and targeted asymptomatic testing in education, high risk workplaces and to help people manage their personal risk.
- isolating when positive or when contacted by NHS Test and Trace.
- border quarantine: for all arriving from red list countries and for those people not fully vaccinated arriving from amber list countries.
- cautious guidance for individuals, businesses and the vulnerable whilst prevalence is high including:
 - whilst Government is no longer instructing people to work from home if they can, Government would expect and recommend a gradual return over the summer
 - Government expects and recommends that people wear face coverings in crowded areas such as public transport;
 - being outside or letting fresh air in
 - minimising the number, proximity and duration of social contacts.
 - encouraging and supporting businesses and large events to use the NHS COVID Pass in high risk settings. The Government will work with organisations where people are likely to be in close proximity to others outside their household to encourage the use of this. If sufficient measures are not taken to limit infection, the Government will consider mandating certification in certain venues at a later date.

Although most legal restrictions have been lifted, and many people have been vaccinated, it is still possible to catch and spread COVID-19, even if you are fully vaccinated, and we are still in the third wave of this pandemic in the UK.

As COVID-19 restrictions are lifted, it is important that we all use personal judgement to manage our own risk. All of us can play our part by exercising common sense and considering the risks. While no situation is risk free, there are actions we can take to protect ourselves and others around us. Following this guidance will help you stay safe and protect others by controlling the spread. Every action to help reduce the spread will reduce any further resurgence of the virus in the coming months.

Here is the official Government online advice <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

**HANDS.
FACE.
SPACE.**

Hands. Face. Space.

Approximately 1 in 3 people who have coronavirus have no symptoms and could be spreading it without realising it. Remember - 'Hands. Face. Space.'



- hands – wash your hands regularly and for at least 20 seconds
 - face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
 - space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)
- In all circumstances, you should follow the [guidance on meeting others safely](#).

CEV SHIELDING

Although the advice to shield has ended, clinically extremely vulnerable people must continue to follow the rules that are in place for everyone. You can find guidance for those who are CEV here: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

SYMPTOMS

Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

If you or someone in your household is showing coronavirus symptoms, you should order a free test here: <https://www.gov.uk/get-coronavirus-test>

TESTING POSITIVE

You can find guidance for possible and confirmed Coronavirus infection here: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority-taxon=774cee22-d896-44c1-a611-e3109c8e8eae>

119 HELPLINE

If you cannot access the internet and need to speak with the NHS Coronavirus testing service, dial 119 from any phone. You can also book your vaccination appointment when your priority group is eligible for the vaccine on this number. There is also a BSL (British Sign Language) service available. For more information see here: <https://signhealth.org.uk/announcement/nhs-119-bsl/>

APPLY FOR TEST & TRACE SUPPORT PAYMENTS

The government introduced £500 Test and Trace Support Payments to help people who can't work because they've been told by NHS Test and Trace to self-isolate.

Parents and guardians can also apply if they need to take time off work to care for a child or young person who is self-isolating

VACCINATION

Everyone aged 18 or older should get both their vaccinations as soon as possible.

You must leave an eight-week gap before getting your second dose.

Where and how to get your COVID-19 vaccination

You can:

- [visit a mobile or walk-in site across the city](#) - no appointment is needed
- [book your vaccine online](#) or phone 119 for appointments at the Brighton Centre and Kamsons Chemist in Moulsecoomb
- phone 0300 303 8060 to book an appointment at the Brighton Racecourse vaccination centre or one of the mobile sites
- Please bring one form of ID (photo ID not required) and your NHS number, if you have them.



Overseas visitors to England, including anyone living in the UK without permission, can also get the COVID-19 vaccine for free. You don't need an NHS number but we will need a way to contact you (phone number or email).

If you have a question about the Sussex COVID-19 vaccination programme, you can call their vaccine enquiry phone line: 0800 433 4545 (open 9am – 4pm, Monday to Friday) (Please note: they cannot book a vaccination appointment for you).

The latest information on the Sussex COVID-19 Vaccination programme can be found here: <https://www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/>

It is important to note that receiving the vaccine does not make you instantly immune to the virus and you should still practice social distancing and wash hands regularly. Find out more about what to expect after receiving your vaccine here: [What to expect after your COVID-19 vaccination - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/what-to-expect-after-your-covid-19-vaccination)

VACCINE BOOSTER

A coronavirus (COVID-19) booster vaccine dose helps improve the protection you have from your first 2 doses of the vaccine. It helps give you longer-term protection against getting seriously ill from COVID-19.

Who can get a COVID-19 booster vaccine

Booster vaccine doses will be available on the NHS for people most at risk from COVID-19 who have had a 2nd dose of a vaccine at least 6 months ago.

Most people will be invited to book an appointment at a larger vaccination centre, pharmacy, or local NHS service such as a GP surgery

VACCINATION TRANSPORT

If you have difficulties with getting to and from your vaccination appointment, there are several services providing transport solutions. Once you booked your appointment, you can call 0300 303 8060 to speak directly with a COVID Vaccination travel coordinator, Mon – Fri 10:00 – 13:00/ 14:00 – 17:00. Find more information [here](#).

Alternatively, [City Cabs 4 Jabs](#) offer free transport to the Racecourse Vaccination Centre for the over 80s. Call 01273 205205 to book their service.

Additionally, Radio Cabs and Streamline Taxis started a [fundraiser](#) to offer free rides to older and vulnerable people to their vaccination appointment in any location. These free taxis trips can be booked on either 01273 204060 (Radio Cabs) or 01273 202020 (Streamline Taxis).

VACCINE BUDDIES

[Together Co's Vaccine Buddies](#) can accompany and reassure people in Brighton & Hove who are anxious about attending their vaccination appointment. Your Buddy will call ahead to introduce themselves and will then meet you at the relevant vaccination site – this includes Brighton Racecourse, the Brighton Centre, and mobile/walk-in vaccination units. A phone call after the appointment will also be offered. To use the Vaccine Buddies service, please email socialprescribing.togetherco@nhs.net with the title Vaccine Buddies. You can also call on 01273 229 002 and leave a message.

VACCINATION SCAM ALERT

Some people are receiving fraudulent calls and text messages offering the COVID-19 vaccination. In some cases, people are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine. Doing so is likely to result in a charge being applied to their phone bill. In other cases, callers are offering the vaccine for a fee or asking for bank details. The vaccine is only available from the NHS and the NHS will contact you when it is your turn.

The NHS will:



- NEVER ask you to press a button on your keypad or send a text to confirm you want the vaccine.
- NEVER ask for payment or for your bank details.

If you receive a call you believe to be fraudulent, hang up. If you believe you have been the victim of fraud or identity theft you should report this directly to Action Fraud on 0300 123 2040. Where the victim is vulnerable, report it to Sussex Police online or by calling 101.

You can also view further information courtesy of Healthwatch here:
<https://www.healthwatchbrightonandhove.co.uk/news/2021-01-05/vaccinations-covid-19>

Coronavirus / Covid-19	Citizens Online	A list of resources gathered from around the web to help you stay in touch with family, friends or colleagues during the coronavirus outbreak – or to help you to help others!	WEBSITE 0203 916 5484
	NHS	Find out more about symptoms and what to do if you are concerned about Coronavirus.	WEBSITE
	Government Advice	The latest information on social distancing, support and advice.	WEBSITE
	Sussex Interpreting Services (SIS)	Links to the latest translated resources that may be useful to people during Covid-19, such as translated government guidelines and a translated free guide to living with worry and anxiety during global uncertainty.	WEBSITE
	Doctors of the World UK	Doctors of the World UK have translated the latest NHS guidelines into 60 languages.	WEBSITE
	Public Health England	Public Health England translated information about testing for Coronavirus into 40 languages and explains that Covid-19 testing is free regardless of immigration status.	WEBSITE
	Age UK	Advice on how to assess your own risk in regards to coronavirus.	WEBSITE
	Free Easy Read Posters	Easy read posters with guidance and information around Covid-19 - free to print or share online from Photosymbols.	WEBSITE
	Brighton Covid-19 Mutual Aid Groups	Mutual Aid Local Groups are small groups of people set up independently in communities to support vulnerable people in their local area during the outbreak. Please be aware that mutual aid groups are not monitored or regulated, but they can offer lots of different help from dog walking to posting mail – it varies from group to group. <u>We would advise that you read the advice within this directory about how to keep safe from scams, and never do anything which makes you feel uncomfortable. It is always a good idea to speak to a trusted friend or family member before making any decisions.</u>	To find your nearest group search here: WEBSITE



**Post Covid-19
Recovery
Information**

British Geriatrics Society Up-to-date information about Coronavirus. [WEBSITE](#)

Covid-19: the Road to Recovery Chartered Society for Physiotherapy's guidance on what to expect when recovering from Covid-19. [WEBSITE](#)

Post-COVID Hub Asthma UK and British Lung Foundation have created the Post-COVID HUB for: [People with post-COVID breathing difficulties and their family members and carers](#) to get reliable information and dedicated support for physical and mental health, as well as pages for healthcare professionals and researchers. [WEBSITE](#)

NHS – Your Covid Recovery Your Covid Recovery website includes information from experts about looking after your mental health & wellbeing, as well as your physical health. There is also a helpful section for family, friends & carers of people who are recovering [WEBSITE](#)

Brighton & Hove City Council Support **If you or someone you know is vulnerable** If you or someone you know needs some additional support during the COVID-19 pandemic, you can refer them to Brighton and Hove City Council's Community Hub. They may put you in touch with other organisations for continued support during this time if necessary. [WEBSITE](#)
01273 293 117 option 2
Mon – Fri:
10:30am – 4:30pm

Local Council Coronavirus Support

Brighton & Hove City Council <https://new.brighton-hove.gov.uk/coronavirus-covid-19>

Adur and Worthing Council www.adur-worthing.gov.uk/coronavirus

West Sussex County Council www.westsussex.gov.uk/coronavirus

East Sussex County Council Covid B&H Directory www.eastsussex.gov.uk/coronavirus
<https://covidbrightonhove.org.uk/>

Points of contact who can direct you to specific information **Impact Initiatives Food Access Support** Food & Essential Supplies for people 18+ who can afford to pay for shopping [WEBSITE](#)

- Support to use online and telephone shopping opportunities.
- Support to regain confidence in shopping for themselves again.
- Linking people to paid shopping services.
- One-off small food shop in if no other options are available.
- [Shopping and Help Accessing Food Directory](#)

Call: 01273 322950
Text: 07593 817654
[EMAIL](#)



Covid Brighton Hove	Coronavirus is still making life hard, but you are not alone. There is still help on offer. Brighton and Hove council have put together this directory to find support with food shopping, money and work, Covid testing, and more. You can also use it to find help for friends, family and neighbours.	WEBSITE
Carers Hub	Provide general Information, advice, support and signposting for all carers whether young, adult, professional whether full time or not.	WEBSITE 01273 977 000 EMAIL
Community Roots	A network of local community-based services working together to support good mental health and wellbeing in Brighton and Hove. Telephone for Mental health and wellbeing support, or request contact online .	WEBSITE 0808 196 1768 Mon – Fri: 9am – 5pm
Healthy Lifestyles Team	Support for people to get and stay active is still being provided through: <ul style="list-style-type: none"> • A weekly programme of virtual adult exercise classes (hosted on Zoom) • 1 to 1 support from a Health Trainer (by phone or online support) • Online information and resources to stay active, incl. YouTube Channel 	WEBSITE 01273 294 589 EMAIL REGISTRATION FORM
Together Co	Social prescribing for adults who are isolated and need support with their health and wellbeing, they offer support to navigate services and find social connections.	WEBSITE 01273 229 382 EMAIL
Information & Advice	Access Point Access Point is the main point of contact for Adult Social Care (ACS). ACS support health and independence, so you can live in your home for as long as possible.	WEBSITE 01273 295 555 EMAIL
	AGE UK WSBH Age UK West Sussex, Brighton & Hove's Information and Advice service has trained advisors who are able to help older people with various issues affecting quality of life.	WEBSITE 0800 019 1310 EMAIL
	Possibility People Offering advice, information and support to you, a family member, friend or someone who you know who is disabled or has a long-term health condition or impairment.	WEBSITE 01273 894 040 EMAIL
	Sense Sense Information and Advice can help you find the right support for you and your family. They offer free and impartial information about living with complex disabilities, including deaf and blindness.	WEBSITE 0300 330 9256 EMAIL
	Sussex Interpreters Direct (SID) NCRPD registered British Sign Language (BSL) experts offering interpretation BSL/English services.	WEBSITE



Deafcog	A service dedicated to improving the life and opportunities for deaf people.	WEBSITE
Sussex Interpreting Service	Offer interpreting services, emergency interpreting, translation and advocacy.	WEBSITE 01273 702 005 01273 234 825
Speak Out	Independent advocacy for adults with learning disabilities in Brighton & Hove hosting online drop-in sessions for the LD community on Tuesday and Wednesday 2-4pm & Friday and Sunday 6.30pm-8pm. They are also running LD support chatrooms on Facebook.	WEBSITE 01273 421 921 Mon – Fri: 9am - 5pm Sun: 11am - 3pm
Agespace	Online information about care, legal and financial matters, health and local services.	WEBSITE
Independent Age	Information and advice for older people.	WEBSITE 0800 319 6789
Citizen’s Advice	Citizen’s Advice are continuing to provide advice and information by telephone and email during the coronavirus lockdown. You can find all the details on their homepage.	WEBSITE 08082 78 78 15
Brighton Women’s Centre	BWC have created a Women Supporting Women Helpline called Toget[her] - offering support & advice from fully trained staff & volunteers who will answer your call in confidence. The Helpline is for all self-identifying women to access support, advice, and signposting on a range of topics, or just a space to reach out and connect. The helpline aims to link women to our many services, such as our Foodbank, Therapy Service, and Women’s Accommodation Support Service, Mental Health and Wellbeing Support and more. BWC Online Chat allows you to direct message with a member of staff from practical or emotional support via their ‘Talk to Us’ button on the bottom right of their website. Please see the next column for opening times	01273 698036 Mon (50+ specific): 2pm – 4pm Wed: 2pm – 4pm Thurs: 10am – 12pm EMAIL WEBSITE Mon: 5pm- 7pm Thurs: 12pm – 2pm
Sussex Prisoners’ Families	Sussex Prisoners’ families supports many older residents with a loved one in prison. They provide practical information about, and guidance through, the criminal justice system processes (through trial and custody), advocate for family members in the community with prisons and provide emotional support and supported referrals to community based support services.	WEBSITE 01273 499843



Health

NHS non-emergency

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health. 24 hours a day, 7 days a week.

To get help from NHS 111:

- Go online to [111.NHS.UK](https://111.nhs.uk) (for assessment of people aged 5 and over only)
- Call 111 for free from a landline or mobile phone.

Call 111

[WEBSITE](#)

SignLive

Brighton and Hove CCG are now in SignLive's Community Directory. This means deaf patients in the area can call their GP, for free, via a SignLive interpreter.

[WEBSITE](#)

NHS CCG Brighton & Hove – Emergency Dental Services

If your own dentist is closed, the Emergency Dental Service will give you an appointment at one of several practices around Brighton and Hove

[WEBSITE](#)

Brighter Outlook with Albion in the Community

The Brighter Outlook programme supports anyone with a cancer diagnosis to get physically active. Specialist coaches are offering one-to-one telephone/video call support and can send out exercise programmes. They are also building a library of resources, free and accessible for all to use, available on their website.

[WEBSITE](#)

01273 668591

[EMAIL](#)

Additionally, their Neighbourhood Health Squad provides help to people struggling with the motivation or time to improve their health. The team works with people on a one to one basis or in a group of up to six people, helping to set achievable goals and provide the support to meet those goals. They offer up to eight free sessions via Zoom, phone or face-to-face, all adhering to Covid rules.

[WEBSITE](#)

01273 878269

[EMAIL](#)

BHCC - Supporting Your Wellbeing

Living and working through an event such as the Coronavirus pandemic can be a worrying time for everyone. It's all too easy in uncertain times to neglect your health, especially when it's necessary to reduce your social contact and time spent outdoors. Brighton & Hove council have produced guidance to help you look after yourself and your loved ones.

[WEBSITE](#)

The Brighton & Hove Recovery service

The Brighton & Hove Recovery service provides drug and alcohol services for adults in Brighton & Hove. Support is available to anyone concerned about drug or alcohol use, or to the families and carers supporting those struggling with substance misuse.

[WEBSITE](#)

01273 731 900

[EMAIL](#)



The College of Podiatry	Find a fully qualified and registered podiatrist near to you. Contact them directly to see if they are conducting home visits.	WEBSITE
Age UK WSBH – Nail Cutting Service	Age UK WSBH's nail cutting service is back open. They are able to offer clinic appointments and home visits for those who are not able to leave their house. People who wish to use the service will be assessed for their suitability. A member of the nail cutting team will complete an assessment over the phone and allocate a nail cutter to you. Visit their homepage for more information.	HOMEPAGE 01273 221 430 EMAIL
Beezee Bodies	Are a weight management service who are offering group webinars, videos, Whatsapp groups, advice on social media and 1-1 telephone support.	01273 294 589 EMAIL
Sleep Well with Daily Hope	The Church of England's free national telephone line providing music, prayers and other services over the phone. For example, Daily Hope offers a recorded over-the-phone tuition for seated exercises. Additionally, you can now choose an option called 'Sleep Well with Daily Hope' – a relaxing and accessible guide to a good night's sleep with helpful tips and Bible readings to encourage sleep. Just call Daily Hope help line or go onto their website to listen to the recordings.	0800 8048044 HOMEPAGE
East Brighton Has Heart	Offering free online health coaching for people with heart health risk. To find out whether you're eligible, fill out their short survey . The project is run by Wellsbourne Healthcare and Brighton & Sussex Medical School over the next nine months.	HOMEPAGE
Stop Smoking	Brighton and Hove City Council's Stop Smoking service is offering free specialised support sessions to those looking to quit, and stay quit. Either in person, over the phone or email. Nicotine replacement medications such as patches and gum can also be arranged, for up to three months.	WEBSITE 01273 294 589 EMAIL
Health Trainers	Brighton and Hove City Council's Health Trainer service is offering free specialised behaviour change sessions for adults. They're tailored to your needs and provide structure, support and the confidence to change habits and set realistic goals relating to healthy eating, physical activity or reducing alcohol.	WEBSITE 01273 294 589 EMAIL
Drink Wise, Age Well	A great resource of information and advice on making healthy choices around alcohol consumption.	WEBSITE



	Over 50s Alcohol Helpline	We Are With You have a dedicated over 50s Alcohol Helpline, with expert advisors who are all trained, experienced alcohol workers. They can offer advice about alcohol's impact on your health as you get older, tips for cutting down and help finding other support.	WEBSITE 0808 801 0750 Mon-Fri, midday to 8pm Sat-Sun, 10am to 4pm
	Macmillan	If you or someone you care about has been diagnosed with cancer, Macmillan are there to help. Find out how they can support you and get information about different cancer types by calling their helpline (open 8am-8pm daily).	WEBSITE 0808 808 00 00
	Macmillan Horizon Centre	Therapies and group sessions are currently suspended, but they have set up a comprehensive package of online and phone support for people living with cancer during the Coronavirus pandemic. The café stays open for take away food and drinks, and so is the information lounge.	WEBSITE 01273 468770 EMAIL
	Alcoholics Anonymous	AA are holding online as well as physical meetings. Click the link for more information.	WEBSITE
	Narcotics Anonymous	NA have resumed physical meetings, all Covid secure. You can find information about these on the link.	WEBSITE
Exercise	The Hop 50+	The Hop 50+ are hosting online exercise classes, quizzes, singing and lots of other activities online.	To join the online group activities email: EMAIL
	Later Life Training	Make Movement your Mission - Join Bex, 3 times a day (8am, 12pm and 4pm) for 10 minute live functional movement exercise sessions on Facebook.	FACEBOOK GROUP
		You don't need to join in live though, you can start anytime as all sessions are also available on YouTube.	YOUTUBE VIDEO
	Sport England	Sport England have put together tips, advice and guidance on how to keep or get active in and around your home, including free online content, simple ways to combine the outdoors with activity, fitness challenges, and paid-for exercise classes.	WEBSITE
	BHCC - Active for Life	Information, advice and options to stay active at home.	WEBSITE 01273 294 589
	Exercise and physical activity for osteoporosis and bone health	Online exercise videos and factsheets offered by the Royal Osteoporosis Society.	ACTIVITY FOR OSTEOPOROSIS
	Vida Active Cub	'Exercise and Socialise' for people over 60 is a fun and inclusive exercise class with a chance	WEBSITE



	to talk to others. All sessions are 30 minutes light exercises followed by refreshments. They are back indoors now at different locations in the city. They still offer one Zoom session for people who are more comfortable at home. Check the links for more details.	TIMETABLE
Exercise online	<p>10 Today – Short ten-minute routines to get people stretching and moving. Includes both online videos and daily radio shows (with recordings captured online).</p> <p>Sitting Exercises - These exercises in sitting (from the NHS) improve mobility and lower limb strength which helps with feeling more steady to move onto standing exercises.</p> <p>Flexibility Exercises – These home exercises help to improve mobility.</p> <p>Balance exercises – Simple home exercises to improve steadiness with walking and moving.</p> <p>Strength exercises – Home exercises to improve lower limb strength.</p>	<p>WEBSITE</p> <p>WEBSITE</p> <p>WEBSITE</p> <p>WEBSITE</p> <p>WEBSITE</p>
Brighton and Hove Healthwalks	Following the easing of some coronavirus restrictions, Healthwalks resume across the city. All walks follow Covid safety guidelines. If you would like to join, download and complete the registration form on their website and email it to the address specified.	<p>WEBSITE</p> <p>01273 294589</p>
Brighton Table Tennis Club	BTTC 50+ Sessions are table tennis sessions for people over 50 and are a great way keep fit and meet new people. The group can have 12 people attend per session and runs Mondays, 11am-12.30pm & 12.30-2pm. Call to book.	<p>WEBSITE</p> <p>01273 670 145</p>
Rosaria Gracia Dance and Exercise classes	Offering some free and some paid online classes.	WEBSITE
King Alfred Leisure Centre	All leisure centres are open with Covid safety measures in place. There's no need to book swimming sessions anymore, as drop-in sessions are available. Check their website for timetables and more information.	<p>WEBSITE</p> <p>01273 290 290</p>
Reconnect at Moulsecoomb Community Leisure Centre	As lockdown is easing and we are all able to meet up again, the aim of these sessions is to give people in the local community a chance to reconnect, whilst reflecting on the last year and the impact it has had on us all. Moving forward, the sessions will be very much member-led and	<p>HOMEPAGE</p> <p>01237 622266</p>



flexible to the individual - there will be a chance to get moving and join in some gentle exercises, including chair-based exercises, but if you want to just come along to socialise, then please do. It's every Monday 10.30am – 12.30pm for £1.75 including your tea or coffee. The Centre has free parking, disabled facilities and a lift. Any questions, give them a call before going along.

Standing Tall The Zoom classes are run by qualified physiotherapists designed to reduce the risk of falling and to keep up or improve fitness, balance and strength. If you're aged 65 or over, phone for details or visit their website. [WEBSITE](#)
Julie: 07736 122941
Ruth: 07399 993426

Exercise for All Offering online Pilates classes catering for different abilities. To join in, send a message through the Contact tab on website. [WEBSITE](#)

Possibility People – Exercise classes Possibility People are running gentle Zoom exercise classes called Steady & Strong every Tuesday at 2pm. They are designed to build strength and balance, require no equipment (other than a chair) and have no floor work. Sign up to the course through eventbrite. Alternatively, you can watch their Steady and Strong [Youtube clips](#) any time. They also offer a [list](#) of exercises and cultural activities you can do at home. [SIGN UP](#)
[HOMEPAGE](#)

Brighton Yoga Foundation Various yoga classes on Zoom as well as face-to-face. They offer a Zoom Chair Yoga class every Tuesday 11am – 12pm. [TIMETABLE](#)

ROSPA Falls Prevention Hub Offering information on falls prevention, including information and videos of strength and balance exercises. [WEBSITE](#)

Silver Swans Ballet Classes Online Free online ballet exercise classes, designed to get the older generation moving to the music at home. [WEBSITE](#)

Groups, Activities & Entertainment **Impact Initiatives and Ageing Well Activity Packs** Activity Packs are being made fortnightly, containing lots of different activities, cookery tips and things to do – there is something for everyone! Send an email if you would like to be added to the mailing list to be emailed these packs each week. [ACTIVITY PACK](#)
[EMAIL](#)

The Hop 50+ Bookings for their lunchtime sittings are back open with slots from 11am-1pm OR from 1.30pm-3.30pm. They are able to welcome up to 12 people into the Café at any one time. Call their office to book your lunch. [01273 729603](#)
[HOMEPAGE](#)
Online exercise classes, quizzes, singing and lots of other activities online.



	<p>There is also a Facebook page which is full of puzzles, conundrums and chat to keep us all busy during this time! You do not have to have gone to the Hop before to be able to join the group.</p>	<p>To join the online group activities: EMAIL FACEBOOK PAGE</p>
Brighton & Hove Libraries	<p>Jubilee Library is now open 7 days a week: 10am to 5pm Monday to Saturday, 11am to 5pm Sunday Hove Library 6 days a week: 10am to 5pm Monday to Saturday</p> <ul style="list-style-type: none">• Community libraries are open with a mix of staffed days and Libraries Extra access. See Library services available during COVID-19 (brighton-hove.gov.uk) for more details.• All our libraries close at 5pm until further notice.• Tables and chairs no longer require booking.• Our digital services continue to be available. There are many eBooks, eAudiobooks, eNewspapers, eMagazines, eComics and online activities you can enjoy for free.	<p>WEBSITE 01273 290 800 EMAIL</p>
Listening Books	<p>Audiobook lending service providing postal and internet-based audiobooks to anyone who has a disability or illness that impacts their ability to read the printed word. Annual membership costs between £20 and £45. Free membership is available to people who would benefit from this service but don't have the financial means to access it.</p>	<p>WEBSITE 020 7234 0522 EMAIL</p>
Brighton & Hove City Council's new Adult Education	<p>Have a range of courses designed to support you; whether you want to improve your wellbeing, develop your personal skills, gain a qualification to become more employable or build your career aspirations.</p>	<p>EMAIL HOMEPAGE</p>
Papers, Puzzles and Pastries at The Old Boat	<p>Join this wonderful, welcoming group of people every Monday at the Old Boat Community Centre on Carden Avenue, BN1 8GN from 10am.</p>	
Age UK WSBH	<p>Age UK centers are open and there is a new activities timetable available. Additionally, you can find useful tips on how to look after yourself at home (including a new spring activity pack) on their homepage.</p>	<p>HOMEPAGE 01903 731800 EMAIL</p>
Art Club	<p>Every two weeks Age UK WSBH's art club will continue to send out a project by email to subscribers with a rough guide for completing a</p>	<p>EMAIL ART CLUB</p>



lovely art piece. Once subscribers have completed their work, they can take a picture and send it back. Age UK WSBH we will collate a gallery to share with the group. Find out more [here](#).

Evolution Arts	Lots of different courses, workshops and yoga classes – online, outdoors and in person.	WEBSITE TIMETABLE
Hangleton and Knoll	The H and K 50+ Steering Group's list of community groups and activities offers a range of online, face-to-face and social experiences for older people. Click the web link for the latest list of what is on. We also offer a range of activities for older people from multi-cultural communities.	HOMEPAGE EMAIL 07422 692845 01273 410858
Phoenix Art Space	Phoenix Art Space offers a full programme of exhibitions, events, arts courses and community engagement. Find their spring/summer timetable here .	WEBSITE
Open University	Free online education courses.	WEBSITE
National Open Garden Scheme	Take a virtual stroll around some of the country's most beautiful gardens.	WEBSITE
MovingSounds	This community of professional facilitators have put together this list of their best music and movement videos for your entertainment.	WEBSITE
Belltree Music CIC	Offering fantastic free music making videos for Wellbeing and Mental Health online	WEBSITE
ChatterPack	A list of free, online, boredom-busting resources.	WEBSITE
Online Sudoku	Free Sudoku games online.	WEBSITE
Grace Eyre's group for learning disabilities	A Facebook group for people with learning disabilities to connect with each other.	FACEBOOK GROUP
Online Scrabble	Free scrabble games online.	WEBSITE
Free knitting patterns online	Explore a wide range of free knitting patterns.	WEBSITE
Lifelines	Led by volunteers, people can take part in group activities online, over the phone or even by post. Sessions range from various online exercise classes, over-the-phone coffee mornings to reading groups, quizzes, and more.	TIMETABLE 01273 688 117 EMAIL



Brighton Natural Health Centre	Yoga, pilates and movement classes, as well as free guided relaxation sessions – online or in the studio.	TIMETABLE
Cornerstone Community Centre	Cornerstone is a safe, welcoming and inclusive community space offering low cost rooms, classes, groups and activities to the people of Brighton and Hove. Various group sessions resuming their face-to-face services, From support groups to yoga classes. Check out their timetable.	HOMEPAGE TIMETABLE EMAIL
WEA Adult Learning	Offering a selection of free online courses and taster sessions in a variety of subjects, as well as their new exercise classes titled 'Healthy Body'. Enrol on their website or give them a call.	WEBSITE FACEBOOK 0300 303 3463
Online tours of museums	Stuck at home? These famous museums offer virtual tours you can take on your couch.	WEBSITE
Sing for Better Health	Uplifting singing sessions for older people, helping to improve health and wellbeing. Four groups per week, meeting via Zoom and telephone. It's fun and supportive with friendly and welcoming members. No singing ability is required.	WEBSITE
Sofa Singers	The Sofa Singers is a free, weekly online singing event from James Sills that brings hundreds of people together from around the world to spark joy and human connection.	WEBSITE
Carers Zoom Coffee and Chat	While we are still all social distancing, the Carers Hub is hosting a new weekly online meeting for all carers via Zoom on Wednesdays at 10.30am. This is a bookable event and is open to all unpaid family/friend carers in Brighton & Hove.	WEBSITE 01273 977 000
LGBTQI+ Carers Group	LGBT+ carers group on Zoom run by the Carers Hub. The group will meet fortnightly and hopefully face-to-face events will resume once it's safe enough to do so. Email Louisa Marchant for more information.	EMAIL
Switchboard Older People's Project	For LGBTQ people aged 50+ looking for a sense of community, support or information. Currently, they offer a Zoom group on the 1st Wednesday of each month at 11am - 12.30pm. They've also started small group activities to reconnect face-to-face, such as a meetup at the Breakfast Club on the 2 nd Tuesday of each month 10-11.30am. Please contact Helen Bashford for more information or to receive their monthly newsletter with their activities timetable.	HOMEPAGE EMAIL 01273 234009



The Rainbow Café	The Rainbow Café is for LGBTQ people living with dementia or concerned about memory loss. They are currently offering one-to-one telephone and online support, as well as group peer support session in-person at Plot 22 on the last Wednesday of every month from 1:30-3:30pm.	HOMEPAGE EMAIL 07783 760249
BHFP – Cooking with Confidence	An online group to share tips and video tutorials of BHFP’s favourite recipes, plus information about core cookery skills, healthy eating, budget cookery and lots more.	FACEBOOK GROUP
BHFP – Dementia Friendly Gardening Group	BHFP are offering a weekly supportive gardening group to help improve wellbeing, get outdoors and take time to notice nature. No gardening experience or knowledge is required. Participants may attend alongside a family member, friend or carer if needed. Group runs Mondays 2-4pm.	WEBSITE EMAIL
PLOT 22	Based in Hove, Growing Together welcomes older people, people living with dementia, and carers. The group runs two Wednesday mornings a month, from 10.30 to 12.30. Whether you are a seasoned gardener or new to growing, enjoy quality time together while completing gentle, seasonal gardening tasks. The group will also prepare and enjoy a seasonal snack.	WEBSITE 07717 467862
Tea, Cake and Something Lovely Group	Home Instead are holding community companionship events for older people on a monthly basis in different venues around the City. Free to attend and always with tea, cake, some entertainment and some friendly faces! Next ones are October 21 st at St Luke’s Church Hall, Queens Park Road BN2 9ZB, between 11.30am and 1.30pm and 3 rd November at Bishop Hannington Church hall, Nevill Avenue BN3 7NH, between 3pm and 5pm.	01273 284090
Brighton & Hove Organic Gardening Group	BHOGG’s allotment is open again for their Sunday morning gardening sessions 11am–1pm. Social distancing measures will be in place at all times and own gardening gloves are required.	HOMEPAGE EMAIL
Fabrica – Going to See Culture Together	Going to See Culture Together is a monthly event that brings people together to discover new places explore art in the city, led by arts facilitator Jonathan Quarterman. They also offer loads other workshops and events in person or online. Go to their homepage for more information.	WEBSITE BOOK ONLINE
The Lowry’s Creative Hub	The Lowry have created an online resource space for people of all ages, with activities divided into broad age ranges, then listing options that cover dance, drama, creative	WEBSITE



	writing, wellbeing and visual arts PDF's or Videos. There is a subsection with activities for older people.	
Community Base Online Event Calendar	Check it out to see what is going on, or if you are running an event, add yours to the calendar for free.	CALENDAR
u3a – Brighton and Hove	u3a is designed to offer a range of activities for those who are retired – currently B&H u3a have about 700 members and 60 regular activities. A few groups meet in members' houses but most are either in central venues from Hove through to Kemptown, operate outdoors or as zoom sessions. And don't fret about the 'University' tag! There are no exams, and no qualifications needed - it's just for people to explore old and new interests and activities, or perhaps just to join a lunch club. Most groups should restart in September.	WEBSITE
RNIB Connect Radio	Listen to RNIB's Connect Radio for books, yoga sessions adapted for people who are blind and partially sighted, news updates, tech talk and specialist music shows.	WEBSITE
Strike A Light – Arts & Heritage CIC	Creative and heritage activities exploring memories and archive material. Strike A Light focus on exploring people's life stories and local memories through exhibitions, books, reminiscence and oral history, heritage, arts and crafts, and more.	WEBSITE EMAIL
The Baring Foundation – Treasury of Arts	The Baring Foundation have put together an exciting pack of 50 long and short activities called 'The treasury of arts for Older People' for use in any setting with older people.	WEBSITE
Tower House	The aim is to build friendships and community at Tower House. They are open 3 days a week 12-2pm: Tuesdays for their Memory Café for people with dementia, and Wednesday and Thursdays for older people to enjoy a light lunch, an activity and a raffle. To make sure everybody is continuing to feel safe, guests are asked to have had 2 vaccinations (plus 21 days) and to wear their masks as much as possible. Get in touch via email or call them to organise attending the centre.	HOMEPAGE CONTACT EMAIL 01273 549604
Befriending		
Time To Talk Befriending	Time To Talk Befriending are offering befriending support via telephone, as well as some doorstep pop-rounds as safe to do so.	WEBSITE 01273 737710
Together Co	Together Co offer one-to-one befriending as well as in-person befriending groups.	WEBSITE 01273 775888
The Silver Line	A free confidential helpline providing information, friendship and advice to older	WEBSITE



		people, open 24 hours a day, every day of the year. Their specially trained team can offer information, regular friendship calls and advice, as well as protect and support older people who are suffering abuse and neglect.	0800 4 70 80 90
	Independent Age	Independent Age offers telephone befriending.	WEBSITE 0800 319 6789
	Aphasia Befriending Service	Offering befriending of those who have had a stroke with those who have Aphasia. Offering people living with stroke and communication difficulties after stroke the chance to talk with someone who understands what they are going through, and has been trained to do so.	WEBSITE 01273 242271 EMAIL
	Reengage	Get a Call Companion from Reengage, is a free service for anyone over-75 who lives alone and feels they could do with a friendly phone call every week or two.	WEBSITE 0800 716543
Carers	Agespace	Guidance for people supporting older relatives.	WEBSITE
	Brighton & Hove Council	Advice for anyone who is looking after a relative or a friend with a health problem. If they need to go into hospital or a care home, or need extra care at home during the pandemic, this information will help you to know what to expect, and to prepare for the new environment.	WEBSITE
	Carers Centre	Providing family Carers with emotional support, advice and a well-deserved break from their caring role.	WEBSITE 01273 746 222 EMAIL
	Carers UK	General Coronavirus Information.	WEBSITE
		A-Z of changes to benefits, assessments and support for carers due to Covid-19.	WEBSITE
Mental Health	If you are experiencing a mental health crisis and need urgent support, call 999 or contact your local Emergency Department / A&E		
	Every Mind Matters help and support (NHS)	If you are worried about Coronavirus or how staying at home may affect your mental health, this website could help.	WEBSITE
	Samaritans - National	A safe place for you to talk any time you like, in your own way – about whatever's getting to you.	WEBSITE 116 123 EMAIL
	Brighton Mental Health Rapid Response	A rapid assessment service for patients suffering from mental health problems who are at risk and may not be able to keep themselves safe, or are considering attending A+E for help with their mental health. Available 24 hours a day, seven days a week, and health	0300 304 0078



	professionals, carers or patients can ring for advice.	
MIND Brighton & Hove	Their mental health advice and information service remains open during lockdown offering advice, support and information via both telephone and email.	WEBSITE 01273 666 950 EMAIL
Community Roots	A network of local services dedicated to supporting good mental health and wellbeing in Brighton & Hove.	WEBSITE 0808 196 1768 (Freephone)
Sussex Mental Healthline	Offering a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.	WEBSITE 0800 0309 500 <i>For hearing and speech impaired callers:</i> 0300 5000 101
SHOUT	A texting service for those feeling anxious, worried or stressed. Open 24 hours a day, 7 days a week.	WEBSITE Text 85258
Penny Appeal	A confidential, freephone helpline for adults aged 18+ who find themselves increasingly worried about COVID-19 and how it may affect their daily lives.	Freephone: 0300 303 1360 Mon – Sun: 12pm – 8pm
Side by Side	Mind's online community (formerly known as Elefriends) to connect with others over shared experiences. Open to anybody who has an experience of mental health problems, or is closely connected to someone that has.	WEBSITE
Grow	Focuses on the healing power of nature to improve wellbeing. They run small safe supported groups that aim to help people connect to nature, each other and themselves.	WEBSITE 07557 501557 EMAIL
Homenauts	Free resources for better mental health.	WEBSITE
Mind National	Provides advice, information and support to anyone experiencing mental health problems.	WEBSITE 0300 123 3393 Text 86463 EMAIL
Anxiety UK	Information line service. Many of the staff and volunteers have personal experience of anxiety, stress or anxiety-based depression and can offer practical advice and information on support services that are available.	WEBSITE 03444 775 774 Text 07537 416905 EMAIL
Staying Well Space (SWS)	Out-of-hours mental health crisis prevention service, open 7 days a week, 365 days a year, providing psychosocial support and crisis prevention planning.	WEBSITE 0800 023 6475 option #3 EMAIL



	Mental Health Foundation	Guidance on how to look after your mental health during the coronavirus outbreak.	WEBSITE
	SANE	Provides care and emotional support to anyone affected by mental illness, including family, friends and carers.	WEBSITE 0300 304 7000
Dementia	Ageing Well – Early Interventions for People Living with Dementia	As part of our single point of contact (SPOC) service, we now offer signposting for those in the early stages of dementia. This includes for anyone who suspects they may have dementia or for those looking for groups and activities in the city.	Call: 01273 322947 Text: 07770 061 072 Mon – Fri: 9am – 5pm EMAIL
	Agespace	From information on diagnosing Dementia to helping someone with Dementia eat more, they can offer lots of information as well as signposting to services and organisations that can help.	WEBSITE
	Alzheimer’s Society	A service offering advice, support and information for anyone affected by dementia including carers, friends and family.	WEBSITE 01273 726 266
	Dementia Connect	A national support line for support on a range of issues and to connect to local services.	WEBSITE 0333 150 3456
	Health Innovation Network	Resource with lots of activities to do at home with the person you care for, including a video to help understand the needs of people living with dementia during the Covid-19 pandemic and an guide to signpost you to excellent activities.	WEBSITE
	Time to Talk Befriending	Working with experts in the field of dementia, this service offers a range of workshops and opportunities for volunteers to benefit from, including a new concept called ‘Use Your Marbles’ to benefit people living with dementia and the volunteers that are matched with them.	WEBSITE EMAIL
	Brighton & Hove Music for Connection (formerly Open Strings)	Offering their wonderful musical activities online and over the phone for everyone, including people living with dementia and carers. Please contact them for more information.	WEBSITE 01273 569 096 EMAIL
	Plot 22	Offering the opportunity to be with nature in community. A range of sessions available including Dementia Inclusive Gardening, Women only, families with children and adults only. Please get in touch for more information, booking essential.	WEBSITE 07717 467 862



	Dementia Friendly Food Project - BHFP	Supportive gardening group offering weekly sessions providing gentle, regular activity. Currently running 10 week courses from The Garden House in Brighton.	WEBSITE EMAIL
	3 Nations Dementia Working Group	A working group of people living with dementia creating a network of voices on dementia who can lead on regional projects. Events page offers videos of past webinars for people affected by dementia.	WEBSITE EMAIL EVENTS
	LGBT Switchboard	Currently running the Rainbow Café, one to one support in person, by phone or online and training, advice and information on LGBTQ dementia for individuals, care givers and organisations.	WEBSITE 07783 760249 EMAIL
	Dementia Adventure	Currently offer supported dementia holidays with restrictions in line with current covid guidelines. Training remains online at this time.	WEBSITE 01245 237548 EMAIL
Digital Help	Digital Unite	Over 400 how-to guides covers a whole host of digital topics including online shopping, social networking, health & fitness and music.	WEBSITE 0800 048 7642
	AbilityNet	Free IT support at home over the phone or online. Use their library of free webinars to learn more about accessibility, disability and technology.	WEBSITE 0800 048 7642
	BBC Guide: How to video-call your family	Step-by-step guide from BBC: How to video-call your family.	WEBSITE
	Learn My Way	Free courses (online) to learn different digital skills to stay safe and connected.	WEBSITE
	Age UK WSBH – Computer Centre	A group of friendly and experienced volunteers who offer a free telephone service to help you to learn and improve your IT skills. For beginners and those with computer experience.	WEBSITE 01903 731800 EMAIL
	Hangleton and Knoll – IT Suite	The HKP IT Suite is now open every Wednesday 10am-3pm for 1-hour bookable slots. Call David to book your slot or to get some IT help over the phone.	WEBSITE EMAIL 07422 665761
	Digital Brighton & Hove	Offering resources, information and digital support, including matching up volunteers with people needing digital help. Digital B&H have some internet-connected tablets all set up and ready loan to vulnerable people with no internet access. Please complete the referral form if you know a vulnerable person who could benefit from this.	WEBSITE Digital Helpline: 07475 946084 EMAIL



	Ageing Well: How to Create an Email Address	For those who have internet access and can watch videos on YouTube, here is a tutorial on how to create an email address.	YOUTUBE
	Deafcog	Resource Hub of How-to videos on downloading and using Zoom, with BSL narration.	WEBSITE
Support with obtaining equipment	Wavelength	Supports organisations helping people who are lonely and isolated, by giving free TVs, tablets, and radios. This technology is often used in communal spaces or as part of specific projects.	WEBSITE 01708 621101 EMAIL
	Friends of the Elderly	Provide grants to help older people get online and stay connected. They can be used towards the cost of equipment such as tablets and smartphones as well as broadband costs.	WEBSITE 0207 730 8263 EMAIL
	GrandPad	A rental service of a smart, simple, and safe way to connect older adults with their family and friends. GrandPad is an internet enabled tablet device which comes preloaded with all features older adults need to reconnect to their family, friends, and community, with a Lifetime guarantee.	WEBSITE 0808 168 7278 CONTACT ONLINE
	Get Online at Home	Affordable refurbished laptops and PCs for all, with discounts available to those in receipt of benefits.	WEBSITE 03719 100 100
	LGBTQ+ Services	LGBT Switchboard	If you could use a friendly chat with another LGBTQ person, please call Switchboard helpline.
Directory of Services		During the COVID-19 Pandemic, many LGBTQ service providers have made significant changes to their services. This directory lists those changes.	WEB CHAT DIRECTORY
MindOut		LGBTQ mental health service. All services are offered online, by phone and by email.	WEBSITE 01273 234 839 EMAIL
Galop		Helplines supporting LGBT+ people who have experienced abuse and violence.	WEBSITE 0800 999 5428 EMAIL REFER ONLINE
Domestic Violence	Rise	Supports people in Brighton & Hove affected by domestic abuse and violence with resources, counselling, solicitor's appointments and much more.	WEBSITE 01273 622 828
	Survivors' Network	Supporting survivors of sexual violence and abuse in Sussex.	WEBSITE 01273 203 380
	Refuge - Domestic Abuse	National helpline service with help and support for women facing domestic abuse.	WEBSITE 0808 2000 247



	Respect - Men's Advice Line	National helpline service with help and support for men facing domestic abuse.	WEBSITE 0808 801 0327 EMAIL
	Galop	Their National LGBT+ Domestic Abuse Helpline gives emotional and practical support for LGBT+ people experiencing domestic abuse. You can speak over the phone or online via their website.	WEBSITE 0800 999 5428 EMAIL
Elder Abuse	Hourglass	Free and confidential national Helpline provides information and support to an older person or anyone concerned about the harm, abuse or exploitation of an older person.	WEBSITE 0808 808 8141 07508 823975 (Sussex contact Gail Shanahan)
999 calls if you cannot speak, but need help			
Police have modified the 999 system for people who cannot speak, but need help. Make yourself known to the operator by coughing or tapping the handset, and then press 55 on the keypad. You must press 55, or the call will be ended			
Bereavement services	Cruse	Information, advice and support for bereaved people including specialist support to those dealing with coronavirus-related loss.	WEBSITE 0808 808 1677 ONLINE CHAT
	At A Loss	Signposting for the bereaved and those supporting them to information and support services appropriate for their loss.	WEBSITE
	Sudden	Currently offering online resources for people who suffered sudden loss.	WEBSITE
	Sussex Health and Care Partnership	Information and guidance for the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about other sources of bereavement support for you, your family and friends.	WEBSITE 0300 111 2141 Mon – Fri: <i>8am – 5pm</i>
	NHS	Online advice and guidance on coping with grief after bereavement or loss.	WEBSITE
Refugees, Asylum Seekers	Voices In Exile	Supporting refugees, asylum seekers and those with no recourse to public funds with a free advice. Currently not taking on referrals for immigration casework. Still offering advice via phone and email.	WEBSITE 01273 082105 EMAIL
	Afghanistan and Central Asian Association	Telephone advice services, interpreting and other support for migrants and refugees.	WEBSITE 07414 993450 EMAIL



Miscellaneous

Cinnamon Trust Offers dog walking for people aged 65+. Also offers practical help and advice for elderly or unwell people with pets. [WEBSITE](#)
01736 757 900

Now! Charity - The Essential Household item Sussex Relief Scheme Supply beds, white goods, small appliances and miscellaneous essential household items to people in need living in Sussex. Please note it is only one item per household and does not include installation. [WEBSITE](#)
[EMAIL](#)

Financial and Home Safety Advice

Understanding Universal Credit Information regarding claiming benefits and the support available to you if you have been affected by coronavirus or its effect on the economy. [WEBSITE](#)

Moneyworks For any residents in Brighton & Hove struggling to make ends meet, this service supports you with financial advice and is free to use. Their website also contains a useful directory of trusted online information around finances. [WEBSITE](#)
0800 988 7037
01273 809 288

Money Advice Plus Money Advice Plus provide money and debt advice services, including casework, by phone to people who have money and debt difficulties. [WEBSITE](#)
08081 963699
[EMAIL](#)

Post Office Card Account Holders To nominate a helper to access your Post Office Account get a '*Permanent Agent Access Form P6163*' available at your local Post Office or telephone. For more details go to their website. [WEBSITE](#)
03457 22 33 44

Having other people withdraw money from your bank account using the Post Office. Self-isolating or vulnerable citizens can now contact their bank and arrange to withdraw cash quickly from their normal accounts through any local Post Office branch, with the help of a friend, family member, carer or local support worker. Please note that not all banks are participating. [WEBSITE](#)

Southern Water - Priority Services Register A register to ensure those most in need are always catered for. For example, the register will let Southern Water know who to prioritise if water or wastewater services fail. [REGISTRATION FORM](#)

East Sussex Fire and Rescue Service Offer Home Safety Visits carrying out special assessments over the phone talking to you about the fire risks in your home. [WEBSITE](#)
0800 177 7069

Brighton and Hove Independent Mediation Service (BHIMS) - Homeless Prevention Service A free of charge mediation service for anyone living in Brighton & Hove whose housing may be at risk because of conflict. [WEBSITE](#)
01273 700812
[EMAIL](#)



Keeping Safe From Scams

Age UK

Protect yourself by knowing what to look for and what to do if you suspect a scam on any of your digital devices.

[WEBSITE](#)

Which?

A useful scam protection toolkit with examples of typical scams and common warning signs.

[WEBSITE](#)

Prepaid Electricity

Citizens Advice Bureau

A clear and detailed online advice page for prepayment customers who are ill from coronavirus or self-isolating.

[WEBSITE](#)

08082 78 78 15

If you feel overwhelmed, or are unable to deal with your supplier on your own because of personal circumstances, the helpline may also be able to refer you to the Citizens Advice Extra Help Unit.

[WEBSITE](#)

Transport

Brighton & Hove Buses – Important Information

From 19th July, capacity numbers on the bus will return to pre-covid amounts but almost all other policies and restrictions applied throughout the pandemic will remain in place. They still advise to wear face coverings if you can in all enclosed spaces.

[WEBSITE](#)

[EMAIL](#)

01273 886200

Brighton & Hove Buses – The Helping Hand Scheme

For bus users to discreetly and directly advise bus drivers of any assistance they may require. This includes a face covering exemption support card.

[WEBSITE](#)

Southern Rail

Train operators for large parts of South East. Check website for latest information on restrictions.

[WEBSITE](#)

Easy Link

Door-to-door transport service for people, who find it difficult or impossible to get on and off buses, or to get to the bus stop. This includes people in wheelchairs.

[WEBSITE](#)

01273 677559

For the **Ageing Well Shopping and Help Accessing Food Directory** previously listed here please visit our website to find the most up to date version. If you have any questions regarding accessing food please call Ageing Well **07770 061 072**

<http://ageingwellbh.org/coronavirus/>