

# Brighton & Hove Services, Support and Guidance

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Ageing Well is a programme of activities and services for people aged 50+ living in Brighton and Hove. It is delivered by ten local community and voluntary sector organisations. Activities and services are designed to promote better health and wellbeing. 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.

This directory now aims to be a resource to let you know about support, services, groups and activities available to the 50+ community in Brighton and Hove.

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.

If something is missing or needs updating in this directory, please call Ageing Well Single Point of Contact (SPOC) on 01273 322947 or email [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk) and we will make any necessary changes.

If you are printing out any of the pages to share with others, please be aware that you will have to manually share the website/email information if needed, as this information is provided in this digital resource as hyperlinked text.

Please Note: The information provided within this directory does not represent a recommendation or endorsement from Ageing Well for a service or organisation. 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.

<b><u>Ageing Well Single Point Of Contact (SPOC)</u></b>	Ageing Well's SPOC provides a central hub that can be contacted to get information about services and activities available to the 50+ community. SPOC advisers signpost and make referrals to local and national services. The service is available Monday-Friday between 9am-5pm.	<a href="#">WEBSITE</a> <b>Call: 01273 322947</b> <b>Text: 07770 061 072</b>
Call our number to talk to us about your needs 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.	<a href="#">EMAIL</a>	
<b><u>Ageing Well Partners</u></b>	<b>Impact Initiatives</b> Impact Initiatives aims to bring people living in Sussex the support they need to live healthy and fulfilling lives through providing the right people at the right time, and through leading collaborative working to create and deliver services.	<a href="#">WEBSITE</a> <b>01273 322940</b> <a href="#">EMAIL</a>
<b>Brighton &amp; Hove Food Partnership</b>	The Brighton & Hove Food Partnership puts food at the heart of all they do. Growing food, cooking and eating are great ways to improve people's lives. They run range of community cookery classes - including sessions on food & mood, batch cooking, make your own takeaway, affordable seafood, baking basics and bread baking.	<a href="#">WEBSITE</a> <b>01273 234 810</b> <a href="#">EMAIL</a>
<b>Citizens Advice Brighton &amp; Hove</b>	Citizens Advice Brighton & Hove are a local independent advice charity that gives independent, impartial, free and confidential information and advice. They help people overcome the problems they face, such as claiming benefits, managing debt, employment issues, housing, relationships and immigration issues. (New Ageing Well partner as of June 2023)	<a href="#">WEBSITE</a> <b>08082 78 78 15 (opening times vary)</b> <a href="#">ENQUIRY FORM</a>
<b>Hangleton and Knoll Project</b>	The Hangleton and Knoll Project exists to work in partnerships with residents to access and develop opportunities and resources and to facilitate positive change as identified by the residents of our communities.	<a href="#">WEBSITE</a> <b>01273 706 469</b> <a href="#">EMAIL</a>
<b>Music For Connection</b>	Music For Connection is a Brighton & Hove-based social enterprise which has been running community music projects in the city and	<a href="#">WEBSITE</a> <b>01273 569 096</b>

	beyond since 2013. They offer participatory music as a tool for connection in a variety of community-based settings.	<a href="#">EMAIL</a>
<b>Switchboard</b>	Switchboard is a charity for LGBTQ people looking for a sense of community, support or information. They connect people and support them directly through specially developed Switchboard services or link them other specialist organisations.	<a href="#">WEBSITE</a> <b>01273 234 009</b> <a href="#">EMAIL</a>
<b>The Clare Project</b>	The Clare Project is a charity that provides a variety of support options for the trans, non-binary, and intersex (TNBI) community in Brighton and across Sussex. (New Ageing Well partner as of June 2023)	<a href="#">WEBSITE</a> <b>07464 229 395</b> <a href="#">EMAIL</a>
<b>Time To Talk Befriending (TTTB)</b>	TTTB offer a range of joy-filled one to one and group befriending services, intergenerational projects, seasonal events, chaplaincy and signposting services for older people experiencing loneliness.	<a href="#">WEBSITE</a> <b>01273 737 710</b> <a href="#">EMAIL</a>
<b>Together Co</b>	Together Co are a loneliness charity that creates connections to change lives. They do this through our befriending, social prescribing and volunteering services.	<a href="#">WEBSITE</a> <b>01273 775 888</b> <a href="#">EMAIL</a>
<b>Trust For Developing Communities (TDC)</b>	TDC are a charity tackling inequality in Brighton and Hove through community-led solutions. They deliver community development work, youth work, research <b>and</b> training.	<a href="#">WEBSITE</a> <b>01273 234 769</b> <a href="#">EMAIL</a>
<b><u>Cost of Living Information and Support</u></b>	<p><b>Citizens Advice</b> Citizens Advice is an independent organisation specialising in information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom. They have a lot of information available on their website, including:</p> <ul style="list-style-type: none"> <li>• Get help with the cost of living - <a href="https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/">https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/</a></li> <li>• Grants and benefits to help you pay your energy bills (information on support such as Warm Home Discount, Winter Fuel Payment, Cold Weather Payment etc.) - <a href="https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/">https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/</a></li> </ul>	
<b>Government Help For Households</b>	The government is offering help for households relating to the increase in cost of living, check out the Help For Households website to see what cost of living support you could be eligible for.	<a href="#">WEBSITE</a>
<b>BHCC – Help with Energy Bills</b>	Webpage offering advice on how to save energy and check if you can get a discount on your energy bills.	<a href="#">WEBSITE</a>

<b>BHCC – Cost of Living Support Factsheet</b>	Brighton & Hove City Council’s Family Information Service created a cost of living support factsheet providing information on financial help and other useful tips relating to the increase in cost of living. Whilst this is aimed at families with children, there are resources in this that could be useful to everyone.	<a href="#">WEBSITE</a>
<b>Local Discretionary Social Fund (LDSF)</b>	If you need extra help to get essentials you can't live without and are eligible for benefits or tax credits or Council Tax reduction, Brighton and Hove City Council’s LDSF could help. LDSF can provide help with: <ul style="list-style-type: none"> <li>• buying food and groceries</li> <li>• paying for gas and electricity if you pay for it by key card or meter</li> <li>• essential items you need to live in your home such as beds, cookers or fridges</li> <li>• other support you may need in an emergency</li> </ul>	<a href="#">WEBSITE</a> <b>01273 293 117, option 1</b> <a href="#">EMAIL</a>
<b>Energyworks</b>	Money Advice Plus, Citizens Advice Brighton and Hove, and their energy partners are offering help to deal with fuel debt and keeping your home warm this winter. They can help with budgeting, benefit or debt issues, alongside distributing grant payments to eligible households.	<a href="#">EMAIL</a> <b>0333 090 9150 (answering service – please leave message with your contact details)</b>
<b>Southern Water – Help with Bills</b>	If you are struggling to pay your water bills, Southern Water can provide you with help and advice. You may be entitled to one of the payment schemes or to apply for their Customer Hardship Fund.	<a href="#">WEBSITE</a> <b>0800 027 0363</b> <a href="#">EMAIL</a>
<b>Local Energy Advice Partnership (LEAP)</b>	LEAP is a free service that helps people keep warm and reduce their energy bills without costing them any money.	<a href="#">WEBSITE</a> <b>0800 060 7567</b> <a href="#">EMAIL</a>
<b>LEAP/ IncomeMax Self-Help Checklist</b>	IncomeMax and LEAP have teamed up to provide this self-help checklist to assist people across the UK in finding additional help and support. This checklist is packed full of links to extra tools, resources and information. You can find information about additional help and support that's relevant to you.	<a href="#">HOMEPAGE</a>
<b>MoneyHelper</b>	MoneyHelper brings together the support and services of three government-backed financial guidance providers: the Money Advice Service, the Pensions Advisory Service and Pension Wise. They offer free and impartial guidance on all things related to your money. Also offering popular tools and calculators for your finances.	<a href="#">WEBSITE</a>

<b>BHESCo</b>	Brighton and Hove Energy Services Co-operative are a not-for-profit social enterprise enabling people to take control over their energy supply and reduce the environmental impact. BHESCo have a lot of information on support that is available relating to the increase in energy costs on their website or over the phone.	<a href="#">HOMEPAGE</a> <b>01273 284470</b> <b>0800 999 6671</b> <a href="#">EMAIL</a>
<b>National Energy Action (NEA)</b>	NEA's WASH Advice Service is a free support service providing advice to householders in England and Wales on their energy bills and keeping warm and safe in their home. They can also help with benefits advice and income maximisation.	<a href="#">WEBSITE</a> <b>0800 304 7159</b> <b>(Mon-Fri 10am-12pm)</b> <a href="#">EMAIL</a>
<b>Grants for Healthcare Worker</b>	The Healthcare Worker's Foundation are providing grants for healthcare workers who are struggling with the increased cost of living. For more information and to apply, check their homepage.	<a href="#">HOMEPAGE</a>
<b>Turn2us</b>	Turn2us is a national charity providing practical help to people who are struggling financially. You can use their website to find out about charitable grants that you may be eligible for. Charitable grants do not have to be paid back.	<a href="#">WEBSITE</a> <b>0808 802 2000</b> <a href="#">EMAIL</a>
<b>NHS Low Income Scheme</b>	If you have a low income, you may be able to get help with NHS costs through the NHS Low Income Scheme (LIS). The scheme covers: prescription costs, dental costs, eyecare costs, healthcare travel costs, wigs and fabric supports.	<a href="#">WEBSITE</a> <b>0300 330 1343</b>
<b>Moneyworks Telephone Advice Line</b>	Moneyworks is a council-funded project, which aims to provide cohesive and comprehensive money and debt advice to residents of Brighton and Hove. They run a telephone advice service on behalf of the Moneyworks partnership providing free, independent advice to residents of Brighton and Hove on a whole range of money issues including dealing with debt, maximising income, paying for fuel etc.	<a href="#">WEBSITE</a> <b>0800 988 7037</b>
<b>Money Advice Plus</b>	Money Advice Plus is a registered charity (helping and supporting people experiencing difficulty managing their money or financial affairs. Everyone needs a helping hand now and then, and we can all experience tough times whether it's due to illness, mental health issues, poverty, relationship difficulties or old age. Money Advice Plus can give peace of mind through advice and assistance, confidentially and impartially.	<a href="#">WEBSITE</a> <b>08081 963 699</b> <a href="#">EMAIL</a>

	<b>Save Safely – East Sussex Fire and Rescue Service (ESFRS)</b>	Useful advice on how to save energy and money on household bills this winter. ESFRS have gathered together guidance around reducing the impact of the increase in cost of living whilst taking into account ways to minimise the risk of fire.	<a href="#">WEBSITE</a>
<b><u>Information &amp; Advice</u></b>	<b>BHCC Adult Social Care - Access Point</b>	Access Point is the main point if calling Brighton and Hove City Council's Adult Social Care (ACS). The Adult Social Care Hub website is the online contact point for ASC - get information and advice or complete an assessment to find out what support you can get.	<a href="#">WEBSITE</a> <b>01273 295 555</b> <a href="#">EMAIL</a>
	<b>AGE UK WSBH</b>	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.	<a href="#">WEBSITE</a> <b>0800 019 1310</b> <a href="#">EMAIL</a>
	<b>Possibility People Advice Centre</b>	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.	<a href="#">WEBSITE</a> <b>01273 894 040</b> <a href="#">EMAIL</a>
	<b>Sense</b>	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.	<a href="#">WEBSITE</a> <b>0300 330 9256</b> <a href="#">EMAIL</a>
	<b>Deafcog</b>	A service dedicated to improving the life and opportunities for deaf people.	<a href="#">WEBSITE</a>
	<b>Sussex Interpreting Service</b>	Offer interpreting services, emergency interpreting, translation and advocacy. They also provide support from social prescribers helping to navigate the range of services available in the local community	<a href="#">WEBSITE</a> <b>01273 702 005</b> <b>01273 234 825</b>
	<b>Speak Out</b>	Advocacy and support for adults with learning disabilities in Brighton & Hove.	<a href="#">WEBSITE</a> <b>01273 421 921</b>
	<b>Voices In Exile</b>	Supporting refugees, asylum seekers and those with no recourse to public funds with advice and support.	<a href="#">WEBSITE</a> <b>01273 082105</b> <a href="#">EMAIL</a>
	<b>Independent Age</b>	Information and advice for older people.	<a href="#">WEBSITE</a> <b>0800 319 6789</b>
	<b>Brighton Women's Centre (BWC) Support and Information Phoneline</b>	This service is open to all women in need of emotional support, advice and information. Their trained volunteers are on hand to offer support and information. Many women call in need of a kind ear or a supportive voice, or information on specialist services. Women can also be linked in with other BWC services, for	<a href="#">WEBSITE</a> <b>07842 311 406</b> (Wed & Thurs 10am – 12pm) <a href="#">EMAIL</a>

	example the foodbank or therapeutic support via the support line.	
<b>Sussex Prisoners' Families</b>	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.	<a href="#">WEBSITE</a> <b>01273 499 843</b>
<b>St Luke's Advice Service</b>	St Luke's Advice Service provides free, independent, and impartial help, advice, and information. They specialise in debt, budgeting, welfare benefits and help with filling in forms.	<a href="#">WEBSITE</a> <b>01273 549203</b>  <a href="#">EMAIL</a>
<b>Brighton Unemployed Centre Families Project</b>	The BUCFP offers a wide range of services, not just for the unemployed. This includes free, impartial, and independent advice on benefits issues, form filling, tribunals, problems with debts, bills and your rights.	<a href="#">WEBSITE</a> <b>01273 676 171</b>  <a href="#">EMAIL</a>
<b>Citizens Advice Brighton &amp; Hove</b>	Citizens Advice B&H are a local independent advice charity. They are part of the Citizens Advice network. Their goal is to help everyone find a way forward, whatever problem they face. They provide free, confidential and impartial advice.	<a href="#">WEBSITE</a> <b>0808 278 7815</b>
<b>StepChange</b>	StepChange offer free, flexible debt advice that is based on a comprehensive assessment of your situation. They will then provide practical help and support for however long it's needed.	<a href="#">WEBSITE</a> <b>0800 138 1111</b>
<b>Pension Wise</b>	Pension Wise is a service from MoneyHelper, backed by government. They offer free, impartial guidance to over 50s. They will explain the options to take money from your pension pots. At your Pension Wise appointment, pensions specialists will explain how each option works and the other things you need to think about. They'll also explain how each option is taxed and provide information about how to look out for scams. This will help you make an informed decision about taking money from your pension pots.	<a href="#">WEBSITE</a> <b>0800 011 3797</b>
<b>The Silver Line</b>	A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, 7 days a week. Their specially trained team can offer	<a href="#">WEBSITE</a> <b>0800 4 70 80 90</b>

	information, regular friendship calls and advice, as well as protect and support older people who are suffering abuse and neglect.	
<b>University of Sussex Law Clinics</b>	This service provides free legal advice on Employment Law, Family Law, Housing Law and Criminal Justice Law issues, drawing on academic expertise and legal practice links. The Law Clinics are dependent on the services of student advisers from the Law School and therefore run only during term time.	<a href="#">WEBSITE</a> <b>01273 876 797</b>
<b>University of Brighton Legal Clinic</b>	Law students from University of Brighton, guided by fully qualified lawyers and academics, provide the community with free legal advice on a range of specific areas. These services are provided face-to-face and online.	<a href="#">WEBSITE</a> <b>01273 642 135</b> <a href="#">EMAIL</a>
<b>East Sussex Vision support (ESVS)</b>	ESVS's aim is to promote independence, provide support, prevent feelings of social isolation and maximise opportunities for people with sight loss in East Sussex, Brighton and Hove	<a href="#">WEBSITE</a> <b>01323 832 252</b> <a href="#">EMAIL</a>
<b>Sussex Advocacy Partnership</b>	The Sussex Advocacy Partnership provides community advocacy in Brighton & Hove. This service is for people who have health or social care needs or may be developing these needs. Organisations in this partnership include Mind in Brighton and Hove, MindOut, Brighton & Hove Speak Out, Sussex Interpreting Services and Impact Advocacy. To access advocacy support, you can contact POHWER, who will help connect with the organisation most appropriate to your needs.	<a href="#">WEBSITE</a> <b>0300 456 2370</b> <a href="#">EMAIL</a>
<b>Impact Initiatives Food Access Support</b>	<p>Food &amp; Essential Supplies for people 18+ who are struggling to access food-</p> <ul style="list-style-type: none"> <li>• Support to use online and telephone shopping options.</li> <li>• Signposting people to paid-for shopping services.</li> <li>• One-off small food shop in if no other options are available.</li> <li>• If you are struggling with the rising cost of living, we can refer you to a food bank or other low-cost options.</li> </ul> <p><a href="#">Shopping and Help Accessing Food Directory</a></p>	<a href="#">WEBSITE</a> <b>Call: 01273 322950</b> <b>Text: 07593 817654</b> <a href="#">EMAIL</a>
<b>Health</b>	<b>NHS non-emergency</b>	<p>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.</p> <p><b>Call 111</b>  <a href="#">WEBSITE</a></p>



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.

<b>NHS Sussex – Emergency Dental Services</b>	If your own dentist is closed, the Emergency Dental Service will give you an appointment at one of several practices around Brighton and Hove	<a href="#">WEBSITE</a>
<b>Brighter Outlook with Albion in the Community</b>	Brighter Outlook, a health and wellbeing programme for people with a cancer diagnosis, provides people with free, personalised fitness sessions and advice for 10 weeks. The classes are available in several locations across Sussex.	<a href="#">WEBSITE</a> <b>01273 668591</b> <a href="#">EMAIL</a>
<b>Can't Wait Card</b>	The Bladder and Bowel Community support the use of the Can't Wait Card. This is for people who may have an immediate need to use a toilet whilst out and about. You can show it to businesses who may be able to offer use of their facilities.	<a href="#">WEBSITE</a>
<b>Change Grow Live (CGL) Brighton &amp; Hove Recovery service</b>	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.	<a href="#">WEBSITE</a> <b>01273 731 900</b> <a href="#">EMAIL</a>
<b>The College of Podiatry</b>	Find a fully qualified and registered podiatrist near to you. Contact them directly to see if they are conducting home visits.	<a href="#">WEBSITE</a>
<b>Beezee Bodies</b>	A weight management service who are offering in person and online programme. They support building healthy habits and developing a sustainable healthy lifestyle by making small realistic changes. You can also get inspired by the recipes on their homepage.	<a href="#">WEBSITE</a> <b>01273 294 589</b> <a href="#">EMAIL</a>
<b>Stop Smoking</b>	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.	<a href="#">WEBSITE</a> <b>01273 294 589</b> <a href="#">EMAIL</a>
<b>Health Trainers</b>	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	<a href="#">WEBSITE</a> <b>01273 294 589</b> <a href="#">EMAIL</a>

	goals relating to healthy eating, physical activity or reducing alcohol.	
<b>Drink Wise, Age Well</b>	A great resource of information and advice on making healthy choices around alcohol consumption.	<a href="#">WEBSITE</a>
<b>Over 50s Alcohol Helpline</b>	<a href="#">We Are With You</a> 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.	<a href="#">WEBSITE</a> <b>0808 801 0750</b> Mon-Fri, midday to 8pm Sat-Sun, 10am to 4pm
<b>Alcoholics Anonymous</b>	AA are holding online as well as physical meetings. Click the link for more information.	<a href="#">WEBSITE</a>
<b>Narcotics Anonymous</b>	NA have resumed physical meetings, all Covid secure. You can find information about these on the link.	<a href="#">WEBSITE</a>
<b>Macmillan</b>	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).	<a href="#">WEBSITE</a> <b>0808 808 00 00</b>
<b>Macmillan Horizon Centre</b>	A calm, friendly and welcoming place offering support so people affected by cancer in Sussex can still live their life. The Information Lounge and terrace is open if you would like to come in to get some information, chat to someone or just use the space to sit while you wait. Complementary tea and coffee is available. There is also a café there. You can access activities, peer support groups, complementary therapies, and counselling through the centre.	<a href="#">WEBSITE</a> <b>01273 468 770</b> <a href="#">EMAIL</a>
<b>Royal Osteoporosis Society (ROS)</b>	Free osteoporosis helpline to contact for tailored information and support about osteoporosis and bone health. The service is provided by nurses with specialist knowledge of osteoporosis and bone health. The website has information and guidance around living with osteoporosis. There is also a monthly support group that runs at the Unitarian Church, New Road, BN1 1UG.	<a href="#">WEBSITE</a> <b>0808 800 0035</b> <a href="#">EMAIL</a>
<b>Together Co Social Prescribing</b>	Together Co's Social Prescribing service helps people find the people and places they need to be happier and healthier. This might be having someone you can chat to when you need to, or someone who helps you navigate local services that could benefit you. A social prescriber will work with you to be able to suggest a range of services and groups in your community that sound suitable for your needs, and can make arrangements to help you connect with them.	<a href="#">WEBSITE</a> <b>01273 775 888</b>

This could include linking you with a trained Buddy volunteer who will offer practical support to help you connect with the outside world and your community. Support is usually given over 2-3 months to make sure you can access the services you need. They will talk to you about stepping back before they do it.

**Strength, & Balance, and Falls Prevention**

**Strength and Balance Classes**

Exercises designed to improve muscle strength can reduce your risk of a fall by improving your posture, coordination and balance. Visit our website for an overview of strength and balance classes that run across the city. You can also download a guide with a few exercises to support your coordination and balance.

[WEBSITE](#)

**ROSPA Falls Prevention Hub**

Offering information on falls prevention, including information and videos of strength and balance exercises.

[WEBSITE](#)

**Get Up & Go Guide**

Saga, in association with Public Health England and the Chartered Society of Physiotherapists, have put together a guide to reducing the risk of falls. It includes information on fall-proofing your home, staying safe when out and about, and some exercises to improve strength and balance.

[WEBSITE](#)

**NHS Falls and Fracture Prevention Service**

This service provides specialist assessment and rehabilitation for adults in Brighton and Hove who are at risk of falls and fractures or at risk of developing Osteoporosis. They aim to help people avoid falls and fractures, remain independent and feel more confident in daily activities. This service is offered within clinics or in people's own homes.

[WEBSITE](#)

**Exercise**

**Active For Life**

The Active for Life project is run by Brighton and Hove City Council's Healthy Lifestyles Team and helps people lead active lifestyles. Active for Life is an established city-wide project supporting residents to be more active, more often. The sessions are for anyone wishing to get and stay active. They are suitable for adults of all abilities and experience and those living with health conditions. Participants range in age from 20 to 80. Everyone is welcome. Most of the face-to-face sessions are drop-in so you are welcome to just turn up. When you arrive at the venue you'll be welcomed by a friendly instructor. If it's your first visit you will be asked to complete our registration form before taking part. The instructor can help you if needed. Please arrive 10 minutes before the start to give yourself plenty of time to register. Active For Life sessions are free.

[WEBSITE](#)

**01273 294 589**

[EMAIL](#)

<b>Exercise and physical activity for osteoporosis and bone health</b>	Online exercise videos and factsheets offered by the Royal Osteoporosis Society.	<a href="#"><u>ACTIVITY FOR OSTEOPOROSIS</u></a>
<b>Vida@60+</b>	Light exercises to help with fall prevention, strength, balance and flexibility, followed by time to socialize with a cup of tea or coffee and biscuits. These sessions run a couple of areas in the west of the City, including their new venue on Blatchington Road, where they run sessions each weekday. Check the links for more details.	<a href="#"><u>WEBSITE</u></a> <a href="#"><u>TIMETABLE</u></a>
<b>Brighton and Hove Healthwalks</b>	Healthwalks are a great way for people of all ages and abilities to be active and improve their health. They vary from under one mile on the flat, to more challenging walks of up to 5 miles in local parks and green spaces. You need to call or go online to complete <a href="#"><u>a registration form</u></a> before joining any of the Healthwalks.	<a href="#"><u>WEBSITE</u></a> <b>01273 294589</b> <a href="#"><u>EMAIL</u></a>
<b>Brighton Table Tennis Club</b>	BTTC 50+ Sessions are table tennis sessions for people over 50 and are a great way keep fit and meet new people. The group runs Mondays, 11am-12.30pm & 12.30-2pm. On the weekends, there are sessions for people of all ages – running Saturdays 2-4pm and Sundays 5-7pm. Please email or call to book, as spaces are limited.	<a href="#"><u>WEBSITE</u></a> <b>01273 670 145</b> <a href="#"><u>EMAIL</u></a>
<b>King Alfred Leisure Centre</b>	There is a flexible exercise session for people aged 50+ that takes place on a Thursday, 10am -1pm. Simply pay for your ticket at reception and get access to badminton, table tennis, walking netball, a fitness class, the gym and the pool! They also run a programme of classes for people of all ages, as well as swimming and gym sessions. Check their website for timetables and more information.	<a href="#"><u>WEBSITE</u></a> <b>01273 290 290</b>
<b>Moulsecomb Leisure Centre</b>	This leisure centre has a couple of relaxed and accessible groups involving socialising and gentle exercise. The team are more than happy to discuss what is going on at the centre with people, so do give them a call if feeling unsure. Groups include Boccia, Walking Netball and Reconnect sessions gentle exercise sessions.	<a href="#"><u>HOMEPAGE</u></a> <b>01237 622266</b>
<b>Withdean Sports Complex</b>	This leisure centre runs a programme of exercise classes for people aged 50+ called Forever Active. These run on Mondays, 2-3pm and Fridays, 1.15-2.15pm, and are free for members, £8 for non-members. If you give them a call, they will be more than happy to tell you more about these sessions. As well as this, they run a whole host of classes aimed at all ages.	<a href="#"><u>WEBSITE</u></a> <b>01273 542100</b>

<b>Portslade Sports Centre</b>	This sports centre run a Forever Active exercise class aimed at people aged 50+ on Wednesdays from 9.30-10.30am, after this you can also stay to play some badminton. £4.50 for the session. They have other exercise classes that are open to all ages. Check out their website for more details.	<a href="#">WEBSITE</a> <b>01273 411100</b>
<b>Standing Tall</b>	The 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. Sessions run in various locations across the city.	<a href="#">WEBSITE</a> <b>Julie: 07736 122941</b> <b>Ruth: 07399 993426</b>
<b>Exercise for All</b>	Offering online and in-person Pilates classes catering for different abilities. To join in, send a message through the Contact tab on website.	<a href="#">WEBSITE</a>
<b>Brighton Yoga Foundation</b>	Various yoga classes on Zoom as well as face-to-face. They offer a Zoom Chair Yoga class every Tuesday 11am – 12pm.	<a href="#">TIMETABLE</a>
<b>Portslade Bowls Club</b>	Play Bowls throughout the year on Portslade Bowls Club's all-weather rinks. On Sundays at 10.30am, they run a taster session, where you can learn the basics. You can stay on to play at their Roll Up Session, first session free, then £5 per session after this, or if wanting to get more involved, you could sign up to be a member. Equipment provided, just wear flat-soled shoes.	<a href="#">WEBSITE</a> <b>01273 410 555</b> <a href="#">EMAIL</a>
<b>Three Score Dance</b>	Three Score Dance's purpose is to enable older people to create and perform contemporary dance – work that engages, entertains and captures the imagination. With professional choreographers, they explore the potential for artistic expression by older people through contemporary dance. They aim to change perceptions and expectations about ageing. Three Score Dance recognises the wellbeing and social benefits of dancing for older people. We offer regular classes, one-off workshops and other opportunities for participation.	<a href="#">WEBSITE</a> <a href="#">CONTACT VIA WEBSITE</a>
<b>South East Dance</b>	South East Dance are an arts charity that works with dance professionals and people across the region to make the South East a thriving home for dance. In 2022 they opened The Dance Space to the public. Located in the heart of Brighton & Hove, this state of the art dance studio and community hub has been over a decade in the planning and making and we are so excited to welcome every body inside.	<a href="#">WEBSITE</a> <b>01273 696 844</b> <a href="#">EMAIL</a>
<b>Rise and Shine</b>	South East Dance, an arts charity, run the Dance Space. Located in the heart of Brighton & Hove, this is state of the art dance studio and	<a href="#">WEBSITE</a> <b>01273 696 844</b>

community hub. Rise and Shine is a free monthly class taking place at the Dance Space. These fun and friendly sessions led by Dr Rosaria Gracia are open to anyone over the age of 60, and will focus on supporting participants to build strength, physical confidence and prevent falls. This is a dementia-friendly session. Tickets need to be booked to attend this session. [EMAIL](#)

**Groups, Activities & Entertainment**

**BMECP 50+** The BMECP 50+ group is a Black Asian and Minority Ethnic older peoples group that meets to socialise, run activities, share information. This group encourages people to get together and meet each other. The group runs on Fridays between 11am-2pm at BMECP Centre. [HOMEPAGE](#)  
**0300 303 1171**  
[EMAIL](#)

**Sewing For All Drop In** Come and repair your clothes and work on any sewing or knitting, crochet and hand sewing projects in the supported studio environment at Sew Fabulous. This runs Fridays during term time, 1pm-3pm. This is a drop in group, payment welcome by donation. Sew Fabulous run various courses and workshops throughout the year as well. [HOMEPAGE](#)  
**07897 275200**  
[EMAIL](#)

**Fabrica – Going to See Culture Together** A sociable monthly outing to a cultural venue, led by facilitator Jonathan Quarterman. The events are free but places are limited so it is recommended that you reserve yours in advance, this can be done on Eventbrite, you can also reserve a place by talking to a member of the gallery team during gallery opening hours or by calling the Fabrica office. [HOMEPAGE](#)  
**01273 778646**

**Phoenix Art Space** Phoenix Art Space is a unique arts organisation, located in the centre of Brighton, providing a range of creative opportunities in the heart of the City. Alongside their exhibition programme, they also put on a range of regular community events and courses which are open to everyone. See their website or give them a call for current courses. [WEBSITE](#)  
**01273 603700**

**Exeter Street Hall** Exeter Street Hall is a vibrant community centre situated in the heart of Prestonville, Brighton. The Hall is owned by Exeter Street Community Hall Ltd, a community benefit society, and is led and managed by volunteers. Please see their website for information on all they have going on there, including tai chi, table tennis and yoga. [HOMEPAGE](#)  
**01273 561149**

**Stanford Avenue Methodist Church** There are lots of groups that run at this church, including the Luncheon Club meets on Wednesdays from 12.30-2pm. It is open all over 60, who would like a yummy lunch and some company. The cost for a 2-course meal is £4. [WEBSITE](#)  
**01273 554141**  
[EMAIL](#)

	<p>Every Thursday morning 10am-12pm, they host a craft &amp; chat coffee morning to meet with others in the local community. It is a very friendly time with chat and a cuppa, bring a craft if you want to, but you are welcome to just join to socialise.</p>	
<p><b>BHFP Community Kitchen</b></p>	<p>Brighton and Hove Food Partnership offer a range of community cookery classes - including sessions on low energy cooking, batch cooking, Time to Cook and Food Foundations. Check out their website or give BHFP a call to see the current courses they are offering.</p>	<p><a href="#">HOMEPAGE</a> <b>01273 234810</b> <a href="#">EMAIL</a></p>
<p><b>Creative Workshops at Rose Hill Court Senior Housing</b></p>	<p>Come along to these free, friendly creative workshops on Tuesdays 11.00am -12.30pm in the communal lounge at Rose Hill Court. Bring your own art project to work on, or take part in an artist-led activity based around our beautiful garden at Rose Hill. No artistic experience needed for these fun accessible workshops and all art materials provided.</p>	<p><a href="#">BOOK VIA EVENTBRITE</a>  <a href="#">EMAIL</a></p>
<p><b>Greater Brighton Metropolitan College (MET)</b></p>	<p>Brighton MET run a variety of part-time daytime and evening courses throughout the year. These courses are just for fun, they are a great way to learn new skills, develop existing talents and meet people with similar interests. Classes include arts, design and crafts, cookery, computing, creative writing, fashion, sewing and textiles, filmmaking, floristry, history, languages, photography, music and singing, and sign language. Check out their website or give them a call to find out about current courses. Course run in Brighton and Worthing.</p>	<p><a href="#">HOMEPAGE</a> <b>01273 667788</b></p>
<p><b>Dorset Garden Methodist Church</b></p>	<p>The Dorset Garden Methodist Church runs different groups open to people of all faiths, such as social space to meet others from the local community on Thursdays called OpenHouse@DG and a monthly knitting group.</p>	<p><a href="#">HOMEPAGE</a> <b>01273 605502</b> <a href="#">EMAIL</a></p>
<p><b>ONCA Barge</b></p>	<p>ONCA Barge at Brighton Marina is a community-centred learning space that supports artist development and offers a programme of creative activities in East Brighton. On Fridays between 2.30-4.30pm, the ONCA Barge becomes a free, warm and inviting space. Expect some friendly faces from your local community. A cuppa or two (for a small donation) and an engaging activity for you to take part in – something arty or crafty. Or if you'd prefer to read a book in the corner there's a space for that too.</p>	<p><a href="#">WEBSITE</a> <b>01273 607101</b></p>
<p><b>Free Brighton Choir</b></p>	<p>The Free Brighton Choir is a volunteer-run singing group, held at Brighton Youth Centre, 7-</p>	<p><a href="#">WEBSITE</a></p>

	8pm every Thursday. It is completely free to attend. The group tends to steer clear of traditional choir music, opting instead for classic pop and rock numbers (old and new!) that everyone should know. They are always looking for new recruits to their very jolly group of singers. There are no audition and no age or ability restrictions.	<a href="#">EMAIL</a>
<b>Somerset Centre</b>	Day centre services at Somerset Centre are available to older people (over 50 years or where there is a need) who welcome some support during the day and benefit from meeting with others from within their local community. They run activities, provide lunch, go out on trips as well as offering service users support with personal care as needed.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>01273 699000</b>
<b>Manor Gym</b>	There a few groups running at the Manor Gym, such as a relaxed art session on Mondays between 11.30-2.30 - where People have an opportunity to relax and learn to make things such as drawing, sewing and macrame. On Tuesdays between 12-2pm, there is a Boccia and Lunch Club. Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls but in a seated position. Check their website for more information	<a href="#">WEBSITE</a> <b>01273 676828</b>
<b>TDC 50+ Lunch at Hawks Café</b>	Come along for a free light lunch and meet others in the local Whitehawk community. A health and wellbeing focused group for over 50s, providing a sociable and inclusive space for people to meet and discuss positive approaches to their wellbeing This group meets fortnightly on Wednesdays, 11.30am-1pm, at the Hawks Café (next to Whitehawk Library).	<b>Cal: 07378 253122</b> <b>Anita: 07307 681963</b>
<b>Whitehawk Inn</b>	This venue runs a variety of free and low-cost activities, such as Knitting Club, meditation, creative writing and Drama Club. If you want to find out more, please get in touch with them.	<a href="#">WEBSITE</a> <b>01273 682222</b> <a href="#">EMAIL</a>
<b>Winter Warmers</b>	This is a reminiscence group meeting to share memories, enjoy good company, free tea, coffee, cake and fun. Meetings are held at Holy Cross Church in Woodingdean on the second Wednesday of each month 2.00-4.00 pm. All welcome. You can just drop in or if feeling unsure you can call them.	<a href="#">HOMEPAGE</a> <b>01273 300490</b>
<b>Woodingdean Methodist Church</b>	The church has various groups that run at their venue throughout the week, including Zumba, Men's Club and Coffee Shop, which is an informal time to chat, share issues and meet up with friends. Check out their website for further information on the groups that run here.	<a href="#">WEBSITE</a> <b>01273 303641</b> <a href="#">EMAIL</a>



<b>Deans Senior Tea Club</b>	Tea club with entertainment, arts & crafts, quizzes and games running in Saltdean, Telscombe and Peacehaven. Their aim is to combat loneliness in older age whilst having a jolly good time. The clubs are free to attend, please just turn up or call to enquire. The group in Saltdean runs on Fridays between 2-4pm at St Nicholas Church.	<a href="#">HOMEPAGE</a> <b>01273 304173</b>
<b>Rottingdean Whiteway Centre</b>	This centre is a Hub for Adult Education, Leisure Courses and Community Organisations. The Centre stands at the heart of Rottingdean village and is open to all comers. Local clubs and associations meet there, while the Centre's other important activity is its programme of adult education and leisure courses, as well as occasional talks by visiting speakers and study days. See website for information on current courses and community groups.	<a href="#">WEBSITE</a>
<b>The Barn @ Westdene Green</b>	Community centre with options such as yoga and tai chi. Go to their homepage for further information.	<a href="#">HOMEPAGE</a>
<b>Good News Shed</b>	Good News Shed is a place of skill-sharing and informal learning, of individual pursuits and community projects in Moulsecoomb. Members work together on projects of their own choosing, at their own pace and in a safe, friendly and inclusive environment. It is open to anyone of any age, although the majority of people who attend are older men. It runs on Tuesday and Fridays 10am-4pm.	<a href="#">HOMEPAGE</a> <b>01273 918297</b>
<b>SVP St Vincent's Centre Lunch Club (Tower House)</b>	The aim is to build friendships and community at Tower House, near Preston Park. They are open 4 days a week for lunch and activities: Tuesdays for their Memory Café for people with dementia, and Wednesday, Thursdays & Fridays for older people to enjoy a light lunch, an activity and a raffle. On Fridays they offer IT Support to guests. Some transport available.	<a href="#">HOMEPAGE</a> <b>01273 549604</b> <a href="#">EMAIL</a>
<b>Ascension Church Friendship Lunches</b>	Once a month Ascension Church in Westdene hosts a friendship lunch for older people in the community. It is a two-course meal with tea/coffee for £5 and runs on the fourth Thursday of the month at 1pm. The meal starts at 1pm and lasts to about 2.15pm. It is best to get in touch before going along to make sure it's running and so there will be enough food for everyone.	<a href="#">HOMEPAGE</a> <b>01273 002641</b> <a href="#">EMAIL</a>
<b>Varndean College – Adult &amp; Community Learning</b>	Offering a wide variety of leisure courses for people looking to learn a new hobby or to spice up their social life. Why not take up a new language or craft, or get fit with one of their many health and fitness classes? Courses they	<a href="#">HOMEPAGE</a> <b>01273 546602</b>

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offer include acrylic painting, creative writing, flower arranging, gentle yoga, meditation for wellbeing, social history and many more. Check out their website for full list of courses.

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<b>The Bevy</b>	This is a community, co-op estate pub which acts as a 'hub' in Bevendean. Besides the more traditional activities of socialising, darts and real ales, they provide decent food for families at affordable prices, social events and a place for everyone from pensioners to mums with toddlers to meet and get involved in. The Community Kitchen runs cookery courses and they grow food in the pub gardens. A place to eat, drink and meet, their aim is to provide a venue that is inclusive, accessible, safe and welcoming. Events run here and community groups use the space to meet, including the Friendly Friday Lunch Club and an arts and crafts groups	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>01273 281009</b>
<b>The Hop 50+</b>	This café and community centre for people aged 50+ is a very sociable space. The Hop 50+ runs a timetable of daily groups and activities for the over 50 community. People can pop in for coffee and a chat, stop by for lunch, or go to the centre just to attend an activity. They also organise trips out for lunch in the surrounding Brighton and Hove areas.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>01273 729603</b>
<b>Cornerstone Community Centre</b>	This community centre is in the same building (St John's Church) as the Hop 50+. Various activities running here, including gentle exercise classes, u3a sessions, and a tai chi group for people aged 60+.	<a href="#">HOMEPAGE</a> <a href="#">TIMETABLE</a> <a href="#">EMAIL</a>
<b>Brighton Women's Centre 50+ Group</b>	A friendly, open, women-only group that meets on 2nd and 4th Thursday of the month from 2.15-4pm at the Cornerstone Community Centre in Hove. The group like to dabble in art and crafts and occasionally have experts visit to talk about many interesting subjects, but mainly enjoy each other's company over tea, coffee and lots of chocolate biscuits! To find out more contact Tracey, the 50+ Group Facilitator.	<a href="#">HOMEPAGE</a> <b>07463 288007</b> <a href="#">EMAIL</a>
<b>Hangleton and Knoll Project (HKP)</b>	HKP and the Hangleton & Knoll 50+ Steering Group produce a timetable of community groups and activities on offer in the local area for people aged 50+. Click the web link for the latest list of what is on. HKP also offer a range of activities for people from multi-cultural communities.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>07422 692845</b> <b>01273 410858</b>
<b>Ralli Hall Lunch Club</b>	A friendly Jewish lunch club which serves kosher food and is open to all individuals in the local community. They meet every Thursday	<a href="#">EMAIL</a>

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	<p>from 12-4.30pm. A three-course lunch and drinks are served for £11.50, and you can partake in some gentle exercises, a quiz and a speaker may join the group from time to time. The venue is wheelchair accessible and there are accessible toilets on site. Limited transport is available upon request, however it is not guaranteed. Get in touch with them to find out more.</p>	<p><b>01273 739999</b></p>
<p><b>Food And Friendship Lunch Club</b></p>	<p>This lunch club meets on Tuesdays and Thursdays between 12pm and 2pm at Hove Methodist Church. They have a 3-course lunch including homemade soup and tea and coffee. It is £5 per person. Door to door transport available if required. For more information or if you require transport or have any dietary requirements please get in touch with the group.</p>	<p><a href="#">HOMEPAGE</a></p> <p><b>07813 667 857</b></p> <p><a href="#">EMAIL</a></p>
<p><b>Plot 22</b></p>	<p>Offering the opportunity to be with nature in community at Plot 22 (Weald Allotments). 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.</p>	<p><a href="#">HOMEPAGE</a></p> <p><b>07717 467 862</b></p>
<p><b>Stoneham Bakehouse</b></p>	<p>Stoneham Bakehouse is a Community Supported Bakery based in Hove. They run the Bread Shed, a fortnightly baking group for people aged 55+. They also have a fortnightly Baking and Bereavement group. Both these groups are free.</p>	<p><a href="#">HOMEPAGE</a></p> <p><b>07743 705609</b></p> <p><a href="#">EMAIL</a></p>
<p><b>Aldridge Adult Learning</b></p>	<p>Offering a wide range of full and part-time adult learning courses, including a programme of hobby courses on topics such as out and about sketching, creative writing, floristry for beginners, mindful movement and meditation, and tai chi.</p>	<p><a href="#">HOMEPAGE</a></p> <p><b>01273 422632</b></p> <p><a href="#">EMAIL</a></p>
<p><b>South Portslade Community Centre</b></p>	<p>There a few different groups that might be of interest here as Tone Rangers Choir and a fortnightly Art For All group, which is a friendly and sociable art group for all levels.</p>	<p><a href="#">HOMEPAGE</a></p>
<p><b>Age UK WSBH Coffee Mornings</b></p>	<p>Coffee mornings hosted by volunteers in two locations in Brighton and Hove, offering a relaxed environment to meet new people, chat and catch up. Fortnightly on Mondays, 10am, Dyke Road Café, and fortnightly on Fridays, 10.30am at Old Boat Corner Community Association.</p>	<p><a href="#">WEBSITE</a></p> <p>0800 019 1310</p>
<p><b>Draw</b></p>	<p>Draw run flexible drawing, painting and printmaking classes, aiming to be accessible to everybody. They run sessions both in-person (at a couple of different venues) and online.</p>	<p><a href="#">WEBSITE</a></p> <p><a href="#">TIMETABLE</a></p>

<b>Lifelines</b>	Volunteer-led activities for older people in community venues across the city with a focus on social connections, health and wellbeing and having fun. The volunteers run groups and activities where people get together to chat, make things, to exercise, and often try something new. The activities are all low-cost.	<a href="#">TIMETABLE</a> <b>01273 688 117</b>
<b>Real Junk Food Project</b>	The Real Junk Food Project Brighton is a Community Interest Project that intercepts food destined for landfill to turn into healthy meals to serve to the community on a 'Pay As You Feel' basis. As well as yummy food, the lunches are also social spaces and a great chance to meet new people, with customers sitting together to eat the meals. The project runs out of different venues on different days of the week – please check their homepage.	<a href="#">HOMEPAGE</a>
<b>Groups at Brighton &amp; Hove Libraries</b>	Libraries across Brighton and Hove have a varied selection of events and regular groups running at them, including a mindful colouring group as well as a knitting group at Jubilee Library, a local history group at Patcham Library, Job Club at Moulsecoomb Library, a poetry group at Rottingdean Library, and a textiles group at Hangleton Library. Many libraries also have <a href="#">book groups</a> . Check out their online events calendar to find out more.	<a href="#">HOMEPAGE</a> <b>01273 290 800</b>
<b>Sporting Memories</b>	This group runs at St George's Church in Kemptown on Mondays, 10am to 11.30am and the Sussex County Cricket Club in Hove on Tuesdays, between 10.30am-12pm Using the rich history and heritage of sport, Sporting Memories clubs are open to any people over the age of 50 who enjoy reminiscing about their experiences of watching or playing it.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a> <b>01273 827104 / 07718 492529</b>
<b>u3a</b>	The u3a is an international movement which provides life-enhancing and life-changing opportunities for retired and semi-retired people who come together to follow their interests, not for qualifications, as none are given, but for the sheer joy of discovery! Generally, you pay a yearly membership fee to the branch you wish to join, and then you are able to join as many groups as you like (capacity dependent). Some groups may have supplementary charges associated with them. There are a number of u3a branches in Brighton and Hove. Initial contact with these groups generally happens via their websites, but often it is also possible for people who aren't online to go along to the branch's social group or general meeting to find out more.	<a href="#">U3A BRIGHTON AND HOVE</a> <a href="#">U3A BRIGHTON FIVE DEANS</a> <a href="#">U3A PRESTON PARK</a> <a href="#">U3A PATCHAM</a> <a href="#">U3A BRUNSWICK, WEST HOVE &amp; PORTSLADE</a>
<b>Free University Brighton (FUB)</b>	FUB is a cooperative, community-led organisation that provides and promotes free	<a href="#">WEBSITE</a>

educational events across the City of Brighton & Hove. They offer free courses, practical workshops, introductory taster sessions, lectures, talks, film screenings discussion and debate in a wide variety of subjects. They also offer validated, degree-level courses, made up of subjects such as sociology, criminology, psychology, politics, economics, social history, feminism, gender and sexuality. Anyone can do these courses, regardless of educational background. Due to the Coronavirus pandemic, they started running a lot of their degree-level courses online using Zoom classrooms and the learning platform, Ryver. Whilst they are running face to face courses again, they hope to continue to provide online options for courses as well.

**Hove and Four Deans Stroke Club**

A local social club offering outings, exercise, talks and the opportunity to meet others who have been affected by stroke. There's one held in Hove and one in Woodingdean. If you're interested, please get in touch with them.

**Hove:**  
[HOMEPAGE](#)  
**Four Deans:**  
[HOMEPAGE](#)

**Meetup**

Meetup is an online platform allowing people to find groups that are happening related to interests and hobbies - these groups are self-run by people who want to create a community to do with their interests. Join a group to meet people, make friends, find support, grow a business, and explore your interests. It is used primarily to find groups in-person, but some groups are also running events online.

[WEBSITE](#)

**Getting Together Matters**

From creative writing to seated exercise and weekly quizzes, Getting Together Matters brings older people from across the UK together online to have fun and take part in a range of free events and activities. Groups take place online, by phone and by post.

[WEBSITE](#)  
**0808 196 6831**  
[EMAIL](#)

**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**

Set up by vocal leader James Sills as a response to global self-isolation during the Coronavirus outbreak, The Sofa Singers bring together hundreds of people in real time for simultaneous singing, learning classic songs with some optional harmonies/backing parts. Sing as if no-one is listening... because they won't be - due to latency (delay) it is not possible to synchronise and hear all of the singers the same time. So you will hear the session leader, whilst you and the rest of the

[WEBSITE](#)  
[CONTACT FORM](#)

participants remain on mute. But you will be able to see each other so sing with a smile! After 45 mins of singing, there is a short break followed by an open mic session where participants are encouraged to share songs, stories, poems and more!

**WEA**

This voluntary sector provider of adult education offers in-person groups all over the UK, including groups Brighton and Hove, and also have a huge amount of courses running online. The online courses are not generally locally-run, rather it will be a course open to people from across the UK (please note: some online courses are limited to people within a certain geographical area of the UK and aren't available nationally. If interested in a course, do get in touch with WEA to confirm whether the course is available nationally or not, as this is not always clear on the website). WEA describe their offer as friendly, accessible and enjoyable courses for adults from all walks of life.

[WEBSITE](#)

**0300 303 3464**

[CONTACT FORM](#)

**The Joy Club**

The Joy Club is an online activities club that brings people together over shared interests and provides inspiration for a joyful retirement. Members can try something new at professionally facilitated live online events, connect with a community of like-minded people in our forums and enjoy new interviews, features and stories with our daily blog. Whether you'd like to learn a new skill, put the world to rights with new friends or settle in to read our latest interview – there's something to bring you joy at The Joy Club. Members enjoy access to over live online 100 talks, classes and activities every month, including Tai Chi and Qigong, Solo dancing, Pilates, Chair Yoga, Creative writing class, Watercolour class, Book club, Live concerts, Mindfulness sessions, Listening ear support group, Face Yoga, Expert talks from historians, health professionals and academics.

[WEBSITE](#)

**Befriending**

**Time To Talk Befriending**

Time To Talk Befriending are offering befriending support via telephone and in person. They also welcome referrals for anyone with an early diagnosis of dementia who would like to benefit from friendship and company from one of our carefully matched volunteers. Please check their website for more information and relevant criteria.

[WEBSITE](#)

**01273 737710**

**Together Co**

Together Co offer one-to-one befriending (in person or over the phone), as well as in-person befriending groups. They also provide **social prescribing** for adults who are isolated and need support with their health and wellbeing,

[WEBSITE](#)

**01273 775888**

helping them to navigate services and find social connections.

**Age UK Telephone Friendship** Age UK offer a regular telephone friendship service, where they match over-60s with a friendly volunteer for a weekly chat. This is a national service. [WEBSITE](#)  
**0800 678 1602**

**Gig Buddies For Good Mental Health** Gig Buddies for Good Mental Health (or GBMH) covers Brighton & Hove and the immediate surrounding area, and matches adults experiencing Mental Health challenges with a volunteer who has similar interests, to go to events together that they both love. The project is run by Synergy Creative Community CIC, and is in partnership with local charity Stay Up Late, who created the original Gig Buddies model for adults with Learning Disabilities. The idea behind GBMH is to enable people experiencing Mental Health needs to enjoy all the great things going on in their community, especially live music. [WEBSITE](#)  
**07877 574212**  
[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**

**Carers Hub** Partnership of organisations (including Carers Centre) providing general Information, advice, support and signposting for all carers. [WEBSITE](#)  
**01273 977 000**  
[EMAIL](#)

**Carers Centre** Providing carers with emotional support, advice and a well-deserved break from their caring role. This team provides emotional support, information, guidance and advocacy to a wide range of carers, including carers of people with mental health problems, learning disabilities, physical or sensory disabilities. [WEBSITE](#)  
**01273 746 222**  
[EMAIL](#)

**Carers UK** Help and Advice pages offer guidance on a wide range of topics, including benefits, practical support and health. [WEBSITE](#)

**Agespace** Guidance for people supporting older relatives. [WEBSITE](#)

**Alzheimer's Society Carer Support Group** Online (2nd Tuesday of the month, 10.30am-12.30pm) and in-person (2nd Thursday of the month, 10.30am-12.30pm) support groups for carers of People Living With Dementia. For more information or to book a place, contact Alzheimer's Society. [EMAIL](#)  
**01273 726 266**

**Mental Health**

**If you are experiencing a mental health crisis and need urgent support, call 999 or contact your local Emergency Department / A&E**

<b>Mind Brighton &amp; Hove</b>	The local Mind hub offers a wide range of mental health services operating across Brighton and Hove. Services include a variety of advice, support, training, peer support and advocacy services. National hotline: 0300 123 3393 Text 86463	<a href="#">WEBSITE</a> <b>01273 66 69 50</b> <a href="#">EMAIL</a>
<b>Samaritans - National</b>	A safe place for you to talk any time you like, in your own way – about whatever’s getting to you.	<a href="#">WEBSITE</a> <b>116 123</b> <a href="#">EMAIL</a>
<b>Brighton Mental Health Rapid Response</b>	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 professionals, carers or patients can ring for advice.	<b>0300 304 0078</b>
<b>UOK Brighton &amp; Hove</b>	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, <a href="#">or request contact online</a> .	<a href="#">WEBSITE</a> <b>0808 196 1768</b> (Freephone)
<b>Sussex Mental Healthline</b>	Offering a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.	<a href="#">WEBSITE</a> 0800 0309 500 <i>For hearing and speech impaired callers:</i> <b>0300 5000 101</b>
<b>SHOUT</b>	A texting service for those feeling anxious, worried or stressed. Open 24 hours a day, 7 days a week.	<a href="#">WEBSITE</a> Text <b>85258</b>
<b>Side by Side</b>	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.	<a href="#">WEBSITE</a>
<b>Grow</b>	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.	<a href="#">WEBSITE</a> <b>07557 501557</b> <a href="#">EMAIL</a>
<b>SANE</b>	Provides care and emotional support to anyone affected by mental illness, including family, friends and carers.	<a href="#">WEBSITE</a> <b>0300 304 7000</b>
<b><u>Dementia</u></b>	<b>Ageing Well – Early Interventions for People Living with Dementia</b> As part of our single point of contact (SPOC) service, we offer signposting for those in the early stages of dementia. This includes for anyone who suspects they may have dementia	<b>Call: 01273 322947</b> <b>Text: 07770 061 072</b> Mon – Fri: <i>9am – 5pm</i>



	or for those looking for groups and activities in the city.	<a href="#">EMAIL</a>
<b>Agespace</b>	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.	<a href="#">WEBSITE</a>
<b>Dementia Connect</b>	A national support line run by Alzheimer's Society for support on a range of issues and to connect to local services. It includes personalised support for people with dementia, their carers, families and friends.	<a href="#">WEBSITE</a> 0333 150 3456
<b>Hop Stop at the Hop 50+</b>	The Hop Stop takes place on Friday and is specifically for people living with dementia, with activities taking place that promote good health and wellbeing and offering a supportive space to individuals living with dementia. Currently the Hop Stop is full, but the Hop does have a waiting list in place if people would like to attend.	<a href="#">WEBSITE</a> 01273 729603 <a href="#">EMAIL</a>
<b>The Pit Stop at Hop 50+</b>	The Pit Stop is open every Wednesday 9.30 – 11.30am and offers a dedicated and safe meeting place exclusively for people living with the early stages of dementia and carers. It's at the Hop 50+ café where you can meet people in similar situations and have a chat over coffee or a cup of tea. It's an informal session and on a drop-in basis, so no need to book. They are not able to offer personal care.	01273 729603
<b>Age UK Daybreak Extra Care</b>	Age UK West Sussex, Brighton and Hove (WSBH) provide a weekly one-day support for people living with Dementia. It includes stimulating activities from trained staff, as well as support with personal care, medication and eating and drinking for those who may require, whilst also providing much needed respite for Carers. It runs every Friday. Please get in touch with them, booking is required.	<a href="#">HOMEPAGE</a> 01903 791980
<b>Music for Connection</b>	This group runs dementia-friendly music sessions called Music and Motion. It's a music and dance-themed session with an opportunity to meet others from the community in a friendly and welcoming group. Please get in touch with them for more information	<a href="#">WEBSITE</a> 01273 569 096 <a href="#">EMAIL</a>
<b>Age UK Dementia Peer Support Group</b>	Age UK facilitate a monthly peer support service for people living with dementia and their carers. This group provides an opportunity to meet people in similar situations, share your thoughts and experiences, and receive guided support from their facilitator on how to access other services within Brighton & Hove. This session	<a href="#">WEBSITE</a> 01903 792015 <a href="#">EMAIL</a>

takes place on 3rd Tuesday of the month,  
between 2-4pm.

**Growing Together at Plot 22** A gardening group welcoming older people, people living with dementia, and carers Whether you are a seasoned gardener or new to growing, our hope for the group is that we will enjoy quality time together while completing gentle, seasonal gardening tasks. During our time together we will also prepare and enjoy a seasonal snack.

[WEBSITE](#)  
**07717 467 862**

**Dementia Friendly Food Project - BHFP** The Brighton and Hove Food Partnership are running a supportive gardening group with weekly sessions providing gentle, regular activity. They also offer a dementia-friendly cooking class called 'Time To Cook'. Find more information on their homepage.

[WEBSITE](#)  
[EMAIL](#)

**Rise and Shine** Rise and Shine is a free monthly dementia-friendly class taking place at the Dance Space in central Brighton, hosted by South East Dance. These fun and friendly sessions led by Dr Rosaria Gracia are open to anyone over the age of 60, and will focus on supporting participants to build strength, physical confidence and prevent falls. Booking is required.

[HOMEPAGE](#)  
**01273 696844**  
[EMAIL](#)

**Dementia Matters** This group runs at The Holy Cross Church in Woodingdean on the second Monday of each month at 1.30pm. It is a monthly drop-in group, offering a positive, safe, and friendly space for those who themselves have Dementia, are living in the same home as someone with Dementia or who have a loved one who has Dementia.

[HOMEPAGE](#)  
**01273 681593**  
[EMAIL](#)

**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**

**Digital Help** **Digital Unite** **Over 400** how-to guides covering 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**

**Learn My Way** Free courses (online) to learn different digital skills to stay safe and connected.

[WEBSITE](#)

<b>Age UK WSBH – Let’s Get Digital</b>	Age UK WSBH launched their new service for everybody aged 50+ wanting more confidence getting online and using digital technology. It’s tailored to your needs, so whether you want to shop online, getting used to send emails or speak to family across the globe – they can help you. You can even borrow a tablet through their loan scheme.	<b>0800 019 1310</b>  <a href="#">EMAIL</a>
<b>Hangleton and Knoll – IT Suite</b>	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.	<a href="#">WEBSITE</a>  <a href="#">EMAIL</a> <b>07422 665761</b>
<b>Digital Brighton &amp; Hove</b>	If you, or someone you know, need help with basic digital skills or support getting online, you can call the free Citizens Online helpline. Leave a voicemail and one of the team of trained digital champions will call you back and offer friendly, patient support over the phone.	<a href="#">WEBSITE</a>  <b>0808 196 5883</b>
<b>Tech Buddy at Hop 50+</b>	Bookable tech support appointments at the Hop 50+ on Thursdays with their Tech Buddy between 10am-12.30pm (please ring number provided). They also run a free Tablet Tutorial sessions on Mondays between 10-11am.	<b>01273 729603</b>
<b>BHCC Adult Education Hub</b>	The Brighton and Hove City Council Adult Education Hub was opened in 2021 to give residents of Brighton & Hove the opportunity to learn new skills and improve their career options. A wide range of classes and workshops are available, and they do have a selection of IT Skills courses. See website for details.	<a href="#">WEBSITE</a>  <b>01273 292828</b>
<b>Lifelines Tech Tutors Support</b>	Tech Tutors can help with using technology, whether that’s refreshing their skills or start from scratch. They can provide tablets on a loan basis or people can use their own devices. Lifelines also run Tea and Tech drop-in sessions, where you can get help to use your digital device over and cup of tea and coffee, you can even just pop in for chat and refreshments. These sessions are free. Check their homepage for more details.	<a href="#">HOMEPAGE</a>  <a href="#">EMAIL</a>  <b>01273 688 177</b>
<b>East Brighton 1-to-1 Digital Support</b>	Trust for Developing Communities (TDC) can offer sensitive support at all levels of ability to get to grips with using a smartphone, tablet, laptop, or PC in East Brighton. This is offered on Thursday afternoons, booking required.	<b>07378 253 122</b>
<b>Support with obtaining equipment</b>	<b>Friends of the Elderly</b> 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.	<a href="#">WEBSITE</a> <b>0207 730 8263</b>  <a href="#">EMAIL</a>

	<b>GrandPad</b>	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.	<a href="#">WEBSITE</a> <b>0808 168 7278</b> <a href="#">CONTACT ONLINE</a>
	<b>Get Online at Home</b>	Affordable refurbished laptops and PCs for all, with discounts available to those in receipt of benefits.	<a href="#">WEBSITE</a> <b>03719 100 100</b>
<b><u>LGBTQ+ Services</u></b>	<b>LGBT Switchboard</b>	For LGBTQ people aged 50+ looking for a sense of community, support or information. They offer a number of regular social activities, meet ups and trips. Please head to their website for their events calendar.	<b>01273 359042</b> <a href="#">WEBSITE</a>
	<b>Older and Out</b>	A social group for older LGBTQUI people in Brighton. They are fully inclusive and provide a space to meet others, make friends and have some lunch. They also offer occasional trips and provide advice and support on social care needs and issues, and signpost or refer to other services. This groups takes place on the last Friday of the month at Somerset Centre. If you would like to go along, please contact Somerset Centre to let them know to expect you.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a> <b>01273 699000</b>
	<b>MindOut</b>	LGBTQ mental health service. All services are offered online, by phone and by email.	<a href="#">WEBSITE</a> <b>01273 234 839</b> <a href="#">EMAIL</a>
	<b>Galop</b>	Helplines supporting LGBT+ people who have experienced abuse and violence.	<a href="#">WEBSITE</a> <b>0800 999 5428</b> <a href="#">EMAIL</a> <a href="#">REFER ONLINE</a>
<b><u>Support at Home and Home Safety</u></b>	<b>CareLink Plus</b>	CareLink Plus is Brighton & Hove City Council's community telecare alarm service. They can arrange urgent assistance should you need it, offering peace of mind to you, your family and carers. They provide a range of services and equipment known as telecare to help support you at home, and also some telecare devices which can help support you whilst you are out and about. In addition, through their Living Well team, they can also assist customers with practical help to improve health and wellbeing. Their Brighton based monitoring centre operates 24 hours a day every day of the year. You can speak to them at the touch of a button and they can organise the help you need.	<a href="#">WEBSITE</a> <b>0300 123 3301</b> <a href="#">EMAIL</a>
	<b>Southern Water - Priority Services Register</b>	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.	<a href="#">REGISTRATION FORM</a>

<b>East Sussex Fire and Rescue Service (ESFRS) Home Safety Visits</b>	<p>ESFRS are offering Home Safety Visits, where their specially trained advisors offer a range of advice around home safety. As well as fire safety, it also includes advice and support aimed at helping the reduction of accidental injury and identifying health and wellbeing needs - they cover things like bed time routines, escape routes, electrical safety. They can fit smoke alarms and specialist equipment as appropriate. Full details can be found on their website.</p>	<p><a href="#">WEBSITE</a> <b>0800 177 7069</b> <a href="#">EMAIL</a></p>
<b>Buy With Confidence</b>	<p>The Buy With Confidence Trader Approval Scheme promotes and supports the good reliable tradespeople and retailers of Brighton &amp; Hove. In return increasing consumer protection by providing an approved trader list. Brighton &amp; Hove City Council's Trading Standards staff check the member companies to make sure they follow the law and treat their customers with respect.</p>	<p><a href="#">WEBSITE</a> <a href="#">EMAIL</a></p>
<b>Brighton and Hove City Council Adult Social Care (ASC)</b>	<p>If you need social care, whether that's home adaptations, equipment, care support, or a care home, a care needs assessment is a first step in looking into this. Find more information on Care Needs Assessments here - <a href="https://www.ageuk.org.uk/information-advice/care/arranging-care/care-needs-assessment/">https://www.ageuk.org.uk/information-advice/care/arranging-care/care-needs-assessment/</a>. The Adult Social Care Hub provides more information on the support available through ASC and you can also complete an online referral form that could lead to a Care Needs Assessment and further support.</p>	<p><a href="#">WEBSITE</a> <b>01273 295 555</b> <a href="#">EMAIL</a></p>
<b>Care Choices</b>	<p>A national publisher of care information that produces many of the official care directories for local authorities and councils. The care services' details on their site come straight from the sector's regulator, <a href="#">the Care Quality Commission</a> (CQC). They include the latest CQC's ratings for each home on their site. This enables you to make your choice based on up to date, objective reviews.</p>	<p><a href="#">WEBSITE</a></p>
<b>Age UK Help at Home</b>	<p>Age UK WSBH's Help at Home service offers a domestic cleaning service to people aged 50+. Their home assistants are able to help with the following chores: general household cleaning, hoovering, dusting, cleaning, floor washing, laundry and ironing, bed making and changing, curtain and net changing, basic food preparation, simple clothes mending, dog walking, helping you get out and about, shopping (buying shopping on your behalf or accompanying you to the shops), collecting prescriptions</p>	<p><a href="#">WEBSITE</a> <b>01903 726 726</b> <a href="#">EMAIL</a></p>

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<b>Support With Confidence</b>	Support with Confidence is a joint initiative between Trading Standards and Adult Social Care to provide training and accreditation to people who want to work as Personal Assistants.	<b>01273 292 494</b>
	A Personal Assistant who has completed Support with Confidence training will have the following:	<a href="#"><u>EMAIL</u></a>

- Enhanced DBS check (formerly CRB)
- Trading Standards checks
- Two reference checks
- Training modules based on the knowledge elements of the Care Certificate that all care workers undertake before they start working.

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<b>Possability People: At Home</b>	Possability People: At Home is a service that will support you to find a personal assistant who is employed by Possability People. The aim of the service is to help individuals to stay independent and safe at home. It is suitable for people living with a range of health conditions, or who need some support. It is Care Quality Commission registered.	<a href="#"><u>WEBSITE</u></a>
		<b>01273 894 070</b>
		<a href="#"><u>EMAIL</u></a>

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<b>Possability People PA Noticeboard</b>	Possability People PA Noticeboard is a website listing vacancies from PAs looking for work, and people who are looking for PAs. PA Noticeboard is for information purposes to help PAs find work and to help employers find PAs more easily. Possability People host this website but please be aware that they do not recommend anyone or vet the applicants.	<a href="#"><u>WEBSITE</u></a>
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<b>Age UK WSBH Crisis Service</b>	The Crisis Service can help with problems such as if you find yourself suddenly ill in bed, if you are recovering from a bereavement, or are home from hospital after being discharged. The Crisis Service can help with problems such as shopping for essential items, quick/light meal preparation, support with personal care and showering, posting mail and collecting prescriptions, light household tasks 'comfort' calls after an emergency or bereavement, sudden illness, hospital discharge, an accident, domestic emergencies, assistance with medication.	<a href="#"><u>WEBSITE</u></a>
		<b>01273 328 555</b>

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<b><u>Housing</u></b>	<b>EAC HousingCare</b>	The Elderly Accommodation Counsel host a website providing a vast range of free information and guidance for elderly people, their relatives and carers, as well as professionals who work with them. Includes specialist directories of over 40,000 retirement housing developments and care homes in the UK, with details of nearly 3,000 available properties updated each week. A new Directory of Home Services provides information on local services that can help older people live safely and independently at home.	<a href="#"><u>WEBSITE</u></a>
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<b>Brighton and Hove City Council Seniors Housing</b>	Seniors Housing is for older people, usually aged 55 or over, who want to live independently, but need some support. In Brighton & Hove this used to be called sheltered housing. Seniors Housing allows older people to be part of an active community, while knowing help is always available. Most Seniors Housing has a manager or warden. They're on site throughout the day to keep a check on the residents and look after the building. There is also a 24 hour emergency alarm, so residents can contact the manager or our CareLink Plus alarm service, when the manager is off duty.	<a href="#">WEBSITE</a> <b>01273 294 400</b> <b>(Homemove team)</b>  <a href="#">EMAIL</a>
<b>Brighton Housing Trust (BHT) Specialist Housing Advice</b>	This service can help with defending rent possession proceedings, unlawful eviction, disrepair that causes a serious risk to health, help with homelessness (whether actual or threatened), court proceedings for housing related anti-social behaviour, injunctions under the Protection from Harassment Act 1997	<a href="#">WEBSITE</a> <b>01273 645 455</b>  <a href="#">EMAIL</a>
<b>Shelter</b>	Shelter run a free emergency helpline that is open 365 days a year to answer calls from anyone struggling with a housing issue or homelessness. Their website has expert information about everything from reclaiming your deposit to applying as homeless. You can also speak to an adviser over webchat.	<a href="#">WEBSITE</a> <b>0808 800 4444</b>
<b>Brighton and Hove City Council Homelessness Prevention Support</b>	If you are 26 years old or over and are homeless or at risk of homelessness you can contact our Housing Needs service by phone or by completing a Housing Advice Form, by email or visiting Bartholomew. A member of the team will contact you and an appointment will be made with a Homelessness Prevention Officer. You will be told what documents and information you'll need for this appointment	<a href="#">WEBSITE</a> <b>01273 294 400,</b> <b>option 1</b>  <a href="#">EMAIL</a>
<b>Brighton and Hove Independent Mediation Service (BHIMS) - Housing</b>	A free of charge mediation service for anyone living in Brighton & Hove whose housing may be at risk because of conflict. We have a team of trained and experienced volunteer mediators who can work with you to find ways to resolve arguments affecting you in your home.	<a href="#">WEBSITE</a> <b>01273 700 812</b>  <a href="#">EMAIL</a>
<b><u>Domestic Violence and Abuse</u></b>	<b>Rise</b> Supports people in Brighton & Hove affected by domestic abuse and violence with resources, counselling, solicitor's appointments and much more.	<a href="#">WEBSITE</a> <b>01273 622 828</b>
<b>Survivors' Network</b>	Supporting survivors of sexual violence and abuse in Sussex.	<a href="#">WEBSITE</a> <b>01273 203 380</b>
<b>Refuge - Domestic Abuse</b>	National helpline service with help and support for women facing domestic abuse.	<a href="#">WEBSITE</a> <b>0808 2000 247</b>

	<b>Respect - Men's Advice Line</b>	National helpline service with help and support for men facing domestic abuse.	<a href="#">WEBSITE</a> <b>0808 801 0327</b>  <a href="#">EMAIL</a>
	<b>Galop</b>	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.	<a href="#">WEBSITE</a> <b>0800 999 5428</b>  <a href="#">EMAIL</a>
<b>Elder Abuse</b>	<b>Hourglass</b>	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.	<a href="#">WEBSITE</a> <b>0808 808 8141</b>
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<b>999 calls if you cannot speak, but need help</b>	<b>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</b>		
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<b><u>Bereavement Services</u></b>	<b>Cruse</b>	National support from Cruse offered through their helpline and online, with Information, advice and support for bereaved people. Local support from Cruse includes being linked with a bereavement volunteer by phone or zoom for up to 6 sessions. They also run bereavement support groups at Community Base on Tuesday, 11am-12pm and Friday, 2.30-3.30pm and run online bereavement courses. If interested in any of the options offered by Cruse, you need to register with the local Cruse team first and they will be able to get you involved with further support from there.	National: <a href="#">WEBSITE</a> <b>0808 808 1677</b> <a href="#">ONLINE CHAT</a>  Local: <a href="#">WEBSITE</a> <b>01273 234007</b> <a href="#">EMAIL</a>
	<b>At A Loss - GriefChat</b>	Chat live to a specially trained GriefChat bereavement counsellor. It is a completely free service and available Monday-Friday, 9am-9pm.	<a href="#">WEBSITE</a>
	<b>National Bereavement Partnership Helpline</b>	The National Bereavement Partnership provides a support helpline, counselling referral and befriending service for all those suffering from bereavement, grief, living loss, mental health issues, and those affected by the COVID-19 pandemic. The helpline is open 7am-10pm, seven days a week, to listen to those in need, support them in dealing with their bereavement or offer guidance in dealing with issues relating to the COVID-19 pandemic.	<a href="#">WEBSITE</a> <b>0800 448 0800</b>
	<b>The Compassionate Friends (TCF)</b>	TCF is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.	<a href="#">WEBSITE</a> <b>0345 123 2304</b> <b>(10am-4pm and 7pm-10pm)</b>



TCF run a helpline with volunteers who are all bereaved parents. TCF is there whether you wish to ring the Helpline once, many times or simply from time to time. You may have been bereaved for just a few weeks or months, or five, 10, 20 years or more. Everyone's loss and way of grieving is unique so please do phone when you feel the need. If either number is busy, please leave a message and they will get back to you.

[EMAIL](#)

**Age UK Bereavement Navigator**

Their new service supports people aged 50+ following the death of a loved one with practical and emotional advice. This includes immediate practicalities such as registering the death or applying for funeral grants, as well as linking people up long term with skills to keep them independent or meeting people through peer support groups.

**0800 019 1310**

[EMAIL](#)

**Coronavirus/ Covid-19**

There are now the Autumn booster vaccinations available. To book or check whether you are eligible, please call 119 or go to the [NHS website](#).

Information from Brighton and Hove City Council on Coronavirus Vaccinations can be found here: <https://www.brighton-hove.gov.uk/coronavirus-covid-19/vaccinations>

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 01444 275 008 to speak directly with a COVID Vaccination travel coordinator. Find more information [here](#).

Visit <https://www.gov.uk/coronavirus> for further guidance on Coronavirus.

**NHS**

Find out more about symptoms and what to do if you are concerned about Coronavirus.

[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](#)

**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**

**Which?**

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

[WEBSITE](#)

**Mobility Support and Transport**

<b>Brighton &amp; Hove Buses – The Helping Hand Scheme</b>	Helping Hand cards can be arranged for bus users to discreetly and directly advise bus drivers of any assistance they may require.	<a href="#">WEBSITE</a>
<b>Brighton &amp; Hove Community Transport (BHCT) Easy Link Shopping Service</b>	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, that will take you to a supermarket so you can do your shopping.	<a href="#">WEBSITE</a> <b>01273 677 559</b>
<b>Bluebird Society For The Disabled</b>	This charity offers transport facilities for a small charge with wheelchair access for doctors appointments or trips to the hospital. Our volunteer drivers will assist people into the facility and arrange to come back to collect them when ready. This support is for people living in Hove.	<a href="#">WEBSITE</a> <b>01273 207 664</b> <a href="#">EMAIL</a>
<b>Shopmobility</b>	Shopmobility offers low-cost scooter and wheelchair hire in the city. You can collect from three Brighton locations, or Shopmobility can deliver to you.	<a href="#">WEBSITE</a> <b>01273 323 239</b>
<b>Motability</b>	Exchange your qualifying mobility allowance for a brand-new car, Wheelchair Accessible Vehicle (WAV), scooter or powered wheelchair, so you can enjoy more freedom and independence.	<a href="#">WEBSITE</a> <b>0300 456 4566</b>
<b>NHS Wheelchair and Seating Service</b>	This service provides wheelchairs to people who have a permanent disability and whose ability to walk is therefore permanently restricted. The wheelchair service will loan a wheelchair to anyone who has a long-term mobility problem and is classified as unable, or virtually unable to walk indoors or outdoors. Referral by a health and social care professional is required for this service.	<a href="#">WEBSITE</a>

For the **Ageing Well Shopping and Help Accessing Food Directory** please visit our website - <https://ageingwellbh.org/resources/>