

BRIGHTON & HOVE COMMUNITY SERVICES 2020

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

24 HOUR HELPLINES

EMERGENCY SERVICES 999

Fire, police, ambulance and coastguard.

NHS 111

Non-emergency medical help and advice.

SAMARITANS 116 123

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

CHILDLINE 0800 1111

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

NATIONAL DOMESTIC VIOLENCE HELPLINE 0808 2000 247

Helpline for women experiencing domestic violence and their supporters.

ACCIDENT AND EMERGENCY 01273 696955

Royal Sussex County Hospital, Eastern Rd.

SILVERLINE 0800 470 8090

Free helpline providing information, friendship and advice to older people

RAPID RESPONSE (MHRRS) 0300 3040078

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

EMPLOYMENT & TRAINING

NATIONAL CAREERS SERVICE 0800 100900

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

YOUTH EMPLOYABILITY SERVICE 01273 294247

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

WHITEHAWK INN 01273 682222

Whitehawk Road, BN2 5NS
A community centre providing a range of courses, support and advice.

FRIENDS CENTRE 01273 810210

Brighton Junction, Isetta Square, 35 New England Street, BN1 4GQ
Community learning centre providing programmes for adults to develop knowledge, skills and creativity.

GENERAL & EMOTIONAL SUPPORT

BRIGHTON & HOVE CITY COUNCIL ACCESS POINT 01273 295555

Information and advice about social care and health services for adults in Brighton & Hove.

TOGETHER CO 01273 229386

Brighthelm Centre, North Road, BN1 1YD
Connecting people to reduce isolation and improve wellbeing.

BRIGHTON CUSTOMER SERVICE CENTRE 01273 290000

Ground floor, Hove Town Hall, Norton Road, BN3 3BQ
Access point for all Brighton and Hove City Council services.

THE CARERS CENTRE FOR BRIGHTON & HOVE 01273 746222

18 Bedford Place, BN1 2PT
Charity supporting unpaid carers of all ages and backgrounds.

CROSSROADS CARE 01273 677559

See 'Groups at Community Base'.

COMMUNITY TRANSPORT (BRIGHTON, HOVE & AREA) 01273 677559

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

SAFE IN THE CITY 01273 290000

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

VICTIM SUPPORT 0808 168 9111

Practical and emotional support for people affected by crime.

ASSERT (B&H) 01273 677559

See 'Groups at Community Base'.

CRUSE BEREAVEMENT CARE 01273 677559

See 'Groups at Community Base'.

PATHWAYS TO HEALTH 01273 677559

See 'Groups at Community Base'.

LESBIAN, GAY, BISEXUAL & TRANSGENDER

ALLSORTS YOUTH PROJECT 01273 721211

69 Ship Street, BN1 1AE
Supports children and young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

THE CLARE PROJECT 01273 234009 (ask for Grace)

Support for the trans, non-binary, intersex and gender-variant community.

BRIGHTON AND HOVE LGBT SWITCHBOARD 01273 664040

See 'Groups at Community Base'.

MINDOUT 01273 664040

See 'Groups at Community Base'.

YOUNG PEOPLE

YOUNG PEOPLE'S CENTRE 01273 887886

69 Ship Street, BN1 1AE
Support for 13-25 years old; counselling, health & well-being advice, sexual health service, social activities, food and free internet.

YMCA DOWNSLINK GROUP YOUTH ADVICE CENTRE (YAC) 01273 624432

11 St. George's Place, BN1 4GB
Housing Advice Drop in (16-25 years old)
Support and Advice Drop in (13-25 years old)
Family Mediation service and Tenancy Support service.

MEN

MEN'S ADVICE LINE 0808 801 0327

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

MANKIND https://mkcharity.org admin@mkcharity.org

Support and counselling for men who have been sexually abused.

CALM – CAMPAIGN AGAINST LIVING MISERABLY 0800 58 58 58

Movement against suicide. Emotional support, particularly for men and for those bereaved by suicide.

CHILDREN

FAMILY INFORMATION SERVICE 01273 293545

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

BRIGHTON COMMUNITY CENTRE AND FAMILIES PROJECT 01273 671213

6 Tilbury Place, BN2 0GY
Child-friendly community centre offering family support, activities, welfare advice, allotments project, and volunteering opportunities.

MENTAL HEALTH

BRIGHTON & HOVE WELLBEING SERVICE 0300 002 0060

NHS service supporting people from age 4 years upward.

BRIGHTON & HOVE RECOVERY COLLEGE 01273 749500

42 Frederick Place, BN1 4EA
Courses as an educational route to recovery from mental health challenges.

MIND BRIGHTON & HOVE 01273 666950

51 New England Street, BN1 4GQ
Providing mental health support services across the city and Sussex.

PRESTON PARK RECOVERY CENTRE 01273 565049

18 Preston Park Avenue, BN1 6HL
Support for people with mental health needs.

DRUG & ALCOHOL SERVICES

EQUINOX 01273 234869

See groups at Community Base

CASCADE CREATIVE RECOVERY 07477 072 956

24 Baker Street, BN1 4JN
Community hub offering information, support, 1-to-1 coaching, groups & activities for anyone in or seeking recovery from drugs & alcohol.

REFUGEES

VOICES IN EXILE 01273 328598

36 Upper Bedford Street, BN2 1JP
Supporting refugees, asylum seekers & those with no recourse to public funds.

MIGRANT ENGLISH PROJECT 01273 696104

Cowley Club, 12 London Road, BN1 4EJ
English lessons for refugees & asylum seekers. Only open on Monday.

MIGRANT HELP 0808 801 0503

Free asylum-seekers 24-hour helpline. Assists with applications for asylum support and advice on any asylum-related queries. Service User Portal: www.migranthelpuk.org/su-portal for webchat, online enquiries, self-serve forms and information resources.

IMMIGRATION LEGAL SERVICE www.bht.org.uk/services/brighton-advice-centre#immigration-legal-service 144 London Road, BN1 4PH

Legal advice for refugee and asylum seekers

REFUGEE RADIO 01273 677559

See 'Groups at Community Base'.

SUSSEX INTERPRETING SERVICES 01273 677559

See 'Groups at Community Base'.

VOLUNTEERING

COMMUNITY BASE VOLUNTEER SEARCH 01273 234000

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

VOLUNTEER CENTRE BRIGHTON, HOVE, ADUR AND WORTHING 01273 234826

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

MINORITY ETHNIC COMMUNITIES

BLACK AND MINORITY ETHNIC COMMUNITY PARTNERSHIP (BMECP) 0300 303 1171

10a Fleet Street, BN1 2GR
Sustainable resource centre which champions the Black and Minority Ethnic (BME) community in Brighton and Hove and supports BME communities and their families.

BRIGHTON AND HOVE BLACK HISTORY 01273 234850

Support for autistic adults who identify with Asperger Syndrome or HFA or who think they may be autistic.

MOSAIC BLACK AND MIXED PARENTAGE FAMILY GROUP 01273 234850

See 'Groups at Community Base'.

SUSSEX INTERPRETING SERVICES 01273 234850

See 'Groups at Community Base'.

DISABILITIES

BRIGHTON & HOVE SPEAK OUT 01273 421921

The Brighthelm Centre, North Road, BN1 1YD
Supports adults with learning disabilities to speak up and be heard.

POSSIBILITY PEOPLE 01273 894040

Montague House, Montague Place, BN2 1JE
Services and advice for disabled people & those with impairments or long term health conditions.

GRACE EYRE 01273 201900

36 Montefiore Road, BN3 6EP
Helping people with learning disabilities gain independence.

EAST SUSSEX ASSOCIATION OF BLIND AND PARTIALLY SIGHTED PEOPLE 01323 832252

Advice, information, home visits and social clubs to assist the independence of blind and partially sighted people.

AMAZE 01273 234869

See 'Groups at Community Base'.

ACTION ON HEARING LOSS 01273 234007

See 'Groups at Community Base'.

CAROUSEL 01273 234011

See 'Groups at Community Base'.

MENCAP 01273 234869

See 'Groups at Community Base'.

VISIT THE COMMUNITY BASE WEBSITE FOR THE LATEST COMMUNITY JOBS, VENUES & SERVICES AND VOLUNTARY WORK

OLDER PEOPLE

AGE UK WEST SUSSEX, BRIGHTON & HOVE 01273 720603

29-31 Prestonville Road, BN1 3TJ
Practical services for the over 50s to enable them to maintain independent living.

ALZHEIMER'S SOCIETY 01273 726266

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

HOMELESSNESS AND HOUSING

BRIGHTON HOUSING TRUST 01273 645455

144 London Road, BN1 4PH
Advice, information and legal representation on housing and accommodation.

FIRST BASE DAY CENTRE 01273 326844

St Stephen's Hall, Montpelier Place, BN1 3BF
Advice, food, showers, clothes, laundry and group activities.

THE CLOCK TOWER SANCTUARY 01273 722353

Wenlock House, 41-43 North Street, BN1 1RH
1-1 support, life skills, activities, laundry, showering & cooking facilities for homeless and insecurely housed 16-25 year-olds.

ST ANNE'S DAY CENTRE 01273 602824

61 St James Street, BN2 1PR
Food, clothes and advice for homeless and marginalised people. Weekdays 9:30am-12pm.

PROJECT ANTIFREEZE 01273 774140

37 Portland Road, BN3 5DQ
Arch support for homeless people.

ARCH HEALTHCARE 01273 003930

Morley Street, BN2 9DH
Specialist GP surgery for homeless patients only: this includes street homeless, sofa surfers, temporarily housed and the traveller community.

BRIGHTON SOUP RUN 01273 371540

Hot soup, bread and tea.
Kings Road, first shelter past the Peace Statue
• Every evening, 7pm-7:30pm
Madeira Lift, Marine Parade
• Every evening, 8pm-8:30pm

ST JOHN AMBULANCE HOMELESS SERVICE 01273 371540

Healthcare for homeless & vulnerable people.

First Base Day Centre, BN1 3BF 01273 326844

• Mon, 9am-11:30am
Peace Statue, Kings Road
• Thu, 6:30pm-7:30pm
Podiatry Clinic, First Base
• Thu, 9am-11:30am

GROUPS AT COMMUNITY BASE

ACTION ON HEARING LOSS 01273 840960

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

AFRICAN CENTRE FOR DEVELOPMENT AND RESEARCH 01273 234756

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

ALEXANDRA ROSE CHARITY 01252 726171

Helps families on low incomes in London, Liverpool, Barnsley & Glasgow to buy fresh fruit & vegetables to help give their children the healthiest possible start.

AMAZE 01273 772289

For disabled children and young people in Sussex, and their parent carers.

ASSERT (B&H) 01273 234850

Support for autistic adults who identify with Asperger Syndrome or HFA or who think they may be autistic.

BRIGHTON & HOVE BLACK HISTORY 01273 234835

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

BRIGHTON & HOVE FOOD PARTNERSHIP 01273 234810

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

CAROUSEL 01273 234734

Opportunities in creative arts activities for people with learning disabilities.

COMMUNITY KITCHEN 01273 234810

A cookery school where classes with chefs and food experts support community cookery groups for health and wellbeing. Venue for hire: team building and parties.

COMMUNITY WORKS 01273 204023

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

CREATIVE FUTURE 01273 234780

Nurture and empower under-represented artists and writers in their creative development. They provide skills training, mentoring, exhibiting, promoting and publishing opportunities.

CROSSROADS 01273 234021

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

CRUSE BEREAVEMENT CARE 01273 234007

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

DANCE PROFESSIONALS FUND 01273 234011

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

EQUINOX 01273 234869

Equinox Drug and Alcohol Outreach Team (Pavilions partnership) supporting homeless people access drug and alcohol treatment.

FRIENDS, FAMILIES AND TRAVELLERS 01273 234777

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

FULFILLING LIVES MULTIPLE COMPLEX NEEDS TEAM – HOSTED BY EQUINOX 01273 234747

Helping create service and systems changes to improve the lives of people with multiple and complex needs.

HEALTHWATCH BRIGHTON & HOVE 01273 234041

A voice for local people and communities to influence local health and social care services and/or tinnitus.

MENCAP 01273 234759

Works with people with a learning disability to support them to lead full lives.

MINDOUT 01273 234839

Mental health and wellbeing services for lesbian, gay, bi, trans and queer people.

MOSAIC BLACK AND MIXED PARENTAGE FAMILY GROUP 01273 234017

Community support group for black and mixed parentage families and individuals.

MUSIC OF OUR TIME (MOOT) 01273 234044

Contemporary music group providing opportunities for local musicians and supporting people with disabilities.

NHS SUPPORT FEDERATION 01273 234822

Independent campaign promoting & protecting a comprehensive national health service.

OPEN STRINGS MUSIC 01273 234044

Brighton & Hove's specialist community music service for adults of all abilities.

PARENTS AND CHILDREN TOGETHER 0300 456 4800

Helps families through adoption services, therapeutic support and community projects.

PARENT CARERS' COUNCIL (PACC) 01273 234862

Forum for parent carers of children and young people with SEND which work to help improve services and support in Brighton and Hove.