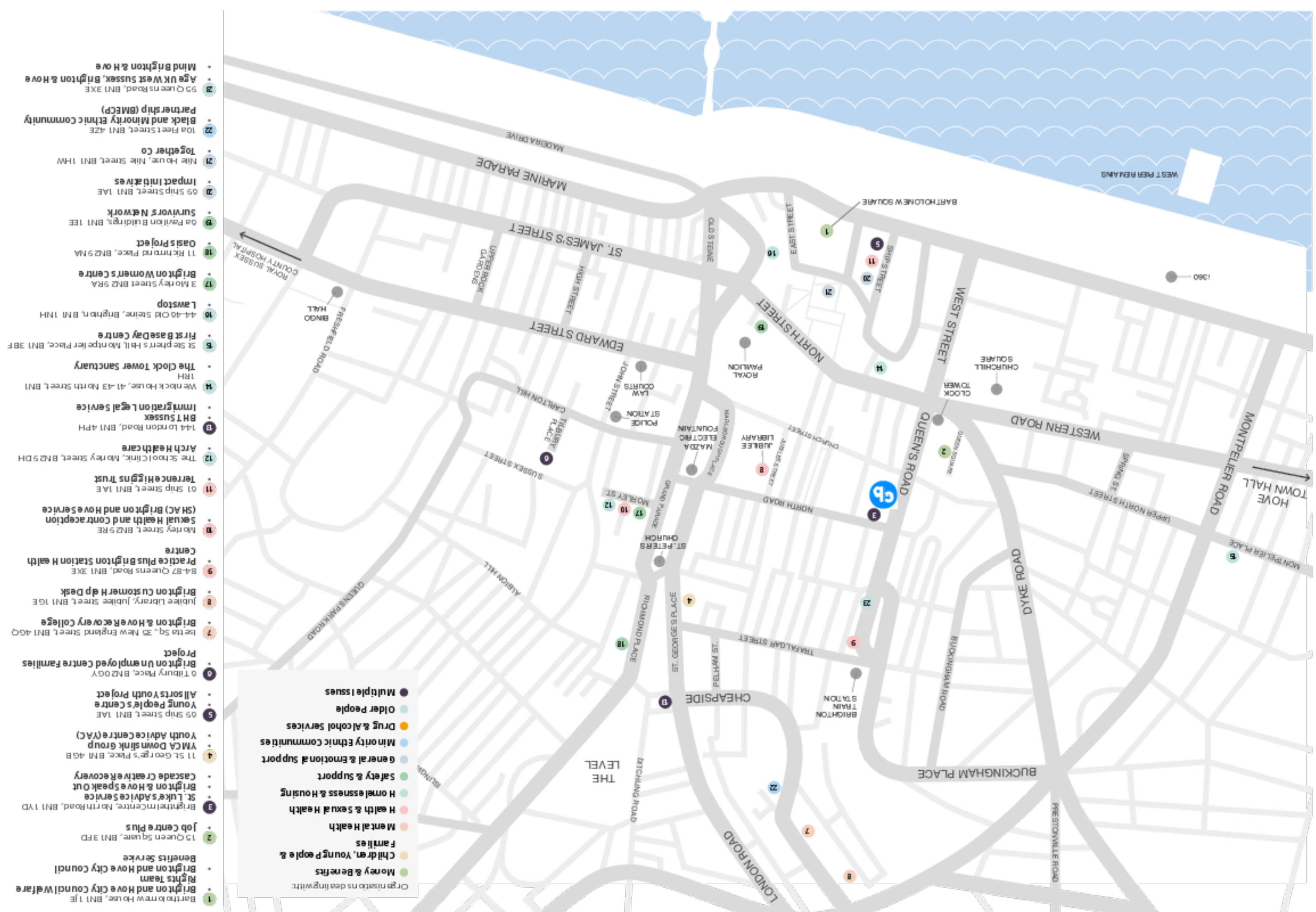




Welcome to Community Base

Community Base is an independent charity providing a home for community and voluntary groups in Brighton and Hove and services to the local community.

In our accessible seven-floor building a few minutes from Brighton station, we provide low-cost office space, meeting rooms for hire, and a postal address service to community groups and charities.

We also provide a range of free services including:

- In-person signposting at our reception 5 days a week
- Online services for local services, jobs and volunteering opportunities
- Our annual Postcard Guide: a printed guide to local services

The friendly, supportive environment provided by Community Base allows a wide range of charitable and community groups to work together, share their expertise and provide much needed services to the local community and beyond.

Office space and meeting rooms

Community Base has a wide range of office spaces to rent, from single rooms to larger office suites and three affordable meeting rooms for hire in the heart of Brighton.



Our conference room (above) can accommodate 100 people. Our two small meeting rooms (below) can accommodate 12 people.



SCAN QR CODE for online meeting room bookings, or visit communitybase.org/our-services/our-meeting-rooms

Community Base reception

- Open Monday 10am-4.30pm & Tuesday to Friday 8.30am - 4.30pm
- Telephone: 01 273 234 000
- Email: reception@communitybase.org

www.communitybase.org

SEARCH FOR OR ADD TO OUR WEBSITE:

LOCAL
COMMUNITY JOBS
COMMUNITY SERVICES
VOLUNTEER ROLES

Community Base, 113 Queen's Road, Brighton BN1 3XG
01273 234 000 • reception@communitybase.org



BRIGHTON & HOVE COMMUNITY SERVICES 2026

Look inside this poster guide if you need local help and advice, including: Housing, Money, Mental Health Support, Volunteering



www.communitybase.org

@community base  

Brighton & Hove Community Services 2026/2027

www.communitybase.org 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.

RAPE CRISIS 0808 500 2222
Free helpline & online chat for anyone aged 16+ affected by sexual violence.

SILVERLINE 0800 470 8090
Free helpline providing information, friendship and advice to older people.

Money & Benefits

1 Brighton & Hove City Council Benefits Service
01273 292000
brighton-hove.gov.uk/benefits-and-financial-advice
Housing benefit at brighton-hove.gov.uk/housing and council tax benefit claims.

1 Brighton & Hove City Council Welfare Rights Team
01273 291110
welfarights@brighton-hove.gov.uk
brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/your-welfare-rights
Advice Line Mon, Tues, Wed 10am-1pm.
Community Advice Support & Education (CASE)
01273 540717 • case-central.co.uk
CASE Central, 4 Crestway Parade, BN1 7BL
Tue-Sat 10am to 2.30pm
Welfare benefits advice, social space, free clothes, food, phone/IT facilities and free outings for families on low income.

Citizens Advice
0808 278 7815
Hove Town Hall, Tisbury Road, BN3 3BQ
cabrightonhove.org
General help and advice on any subject.

2 Job Centre Plus
0800 105 0150
gov.uk/contact-jobcentre-plus
15 Queen Square, BN1 3FD
Income support, job seekers allowance and other benefits.

Money Advice Plus
0808 150 3059 • moneyadviceplus.org.uk
Debt & welfare benefit advice & casework.

3 St. Luke's Advice Service
01273 549203
stlukesadvice.org.uk
Brighton ImCentre, North Road, BN1 1YD
Practical help & advice on welfare benefits, debt & tax credits. A point of entry.

Wave Community Bank
0300 303 3188 • wavecb.org.uk
info@wavecb.org.uk
Hove Town Hall, Tisbury Road, BN3 3BQ
Local credit union offering simple savings, affordable loans and basic bank accounts.

Children, Young People & Families

1 Brighton Unemployed Centre Families Project
01273 001211
Welfare rights advice line: 01273 070171
bucfp.org
6 Tilbury Place, BN2 0GY
Support & advice, free IT access, playroom classes, low-cost vegan lunch and laundry.

Family Hubs
01273 293545
familyhubs@brighton-hove.gov.uk
brighton-hove.gov.uk/family-hubs
Supporting children, young people and families in Brighton & Hove.

Little Green Pig
01273 234776 • littlegreenpig.org.uk
info@littlegreenpig.org.uk
Free creative writing workshops & projects for children and young people across Sussex.

3 Oasis Project
oasisproject.org.uk
Young Oasis Therapy - Services for children & young people aged 5-18 years who have been impacted by substance use in the family.
Hope Therapy - For young adults under 25 with experiences of early trauma & drug/ alcohol use.

Parents and Children Together
0300 456 4800 • pactcharity.org
info@pactcharity.org
Helps families through adoption services therapeutic support and community projects.

4 YMCA Downlink Group - Youth Advice Centre (YAC)
01273 024432
ymcadlg.org.uk/what-we-do/support-and-advice/youth-advice-centre-yac
11 St. George's Place, BN1 4GB
Support & advice drop-in for 13-25 year-olds from 1pm weekdays. Appointments available.

5 Young People's Centre (YPC)
01273 322940
impact-initiatives.org.uk/services/ypc
09 Ship Street, BN1 1AE
Specialist services, support and activities for young people.

Mental Health

Brighton & Hove Neighbourhood Wellbeing Service
uok.org.uk/service/neighbourhood-wellbeing-service-brighton-hove
Individual support and group activities to improve and maintain good mental health.

7 Brighton & Hove Recovery College
01273 749500 • southdown.org/recoverycollege@southdown.org
Betta Sq, 35 New England Street, BN1 4GQ
Free courses as a educational route to recovery from mental health challenges.

Brighton & Hove Wellbeing Service
0300 002 0000 • spt.bhwellbeing@nhs.net
brightonandhovewellbeing.org
NHS service supporting people from age 4 years upward.

CALM - Campaign Against Living Miserably
0800 585858 • thecalmonline.net
Move mental health crisis. Emotional support for men & those bereaved by suicide.

21 Mind in Brighton & Hove
01273 666950 • mindcharity.co.uk
1st Floor, 95 Queens Road, BN1 3XE
Providing mental health support services including advocacy & advice across Sussex.

Rapid Response (MHRS)
0300 304 0078
Urgent response service for people who feel they are in mental health crisis.

Staying Well Service - Brighton & Hove
0800 023 6475 (0 plan 3)
uok.org.uk/services/staying-well-brighton-hove
Out-of-hours mental health crisis prevention support, seven days a week, 365 days a year.

UOK Brighton & Hove
0808 150 1708
uok.org.uk/talk-to-us
Free mental wellbeing support and guidance.

Employment & Training

Evolve YMCA
01273 220900
evolvecoaching@ymcabrighton.co.uk
ymcabrighton.co.uk/services/evolve-workandlearning/
Coaching to anyone aged 18+ supported by either drug & alcohol services in Brighton & Hove, or by the YMCA Brighton.

National Careers Service
0800 100 500
nationalcareers.service.gov.uk
Information and guidance to help make decisions on learning, training and work.
Salvation Army Employment Plus
Freephone 0800 652 4276
southeastreferrals@salvationarmy.org.uk
salvationarmy.org.uk/employment-plus
Free & confidential help with employability, training, life skills & in-work support.

Youth Employability Service
01273 294247
brighton-hove.gov.uk/families-children-and-learning/youth-employability-service
youthemployabilityservice@brighton-hove.gov.uk
Montague House, Montague Place BN2 1JE
Information on advice, guidance to 16-18 year olds not in education, training or employment. Up to 25 years old if facing additional barriers.

Youth Employment Hub
01273 291654
instagram.com/youthemploymenthub
Help for young adults aged 16-25 to find opportunities, explore options & plan for the future.

Health & Sexual Health

Emergency NHS Dental Service
Brighton & Hove emergency dental service - out of hours (only call from 5.30pm weekdays & from 9.00am weekends)
03000 24 25 48
If you don't have a dentist, use NHS 111.

Healthwatch Brighton & Hove
01273 234040
office@healthwatchbrightonandhove.co.uk
healthwatchbrightonandhove.co.uk
Independent champion for those using health & social care services in Brighton & Hove.

9 Practice Plus Brighton at Station Health Centre
0833 321 0946
enquiries.brightonstation@nhs.uk
practicelushbrightonstation.nhs.uk
84-87 Queens Road, BN1 3XE
GP surgery and walk-in centre.

Sexual Health and Contraception (SHAC) Brighton & Hove Service
01273 523388 • brightonsexualhealth.com
Morley Street, BN2 9RE
Free, confidential service.

Terrence Higgins Trust
01273 704200
tht.org.uk/brightonandhove
01 Ship Street, BN1 1AE
Confidential support and counselling on HIV and other sexual health issues, free HIV/STI testing and condoms.

Food

1 Brighton & Hove Food Partnership
01273 234810 • bhfood.org.uk
info@bhfood.org.uk
Providing a range of food activities that connect people and help transform lives. Food banks list can be found on the website.

Brighton & Hove Local Discretionary Social Fund
01273 293117 for food bank referral list at brighton-hove.gov.uk
brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/get-emergency-help-food-energy-bills-and-other-essentials
Helping people in a crisis see emergency, or to live independently in the home, without the need for further care. Available to vulnerable residents of Brighton & Hove.

1 Brighton Unemployed Centre Families Project
01273 001211 • bucfp.org
Welfare rights advice line: 01273 070171
6 Tilbury Place, BN2 0GY
Practical support and advice, free IT access, playroom, crisis food, classes, laundry volunteering and low-cost vegan lunch.

Community Kitchen
01273 234810 • bhfood.org.uk
Acookeary school where classes with chefs and food experts support community cooking groups for health and well-being.

Food Matters
01273 234781 • foodmatters.org
info@foodmatters.org
Bringing communities together to influence the food system.

Impact Initiatives Emergency Food
Phone line 01273 322950
Food.access@impact-initiatives.org.uk

Homelessness & Housing

1 ACORN
07871 715 693
acornthunior.org.uk
brighton@acornthunior.org.uk
A mass membership organisation and network for low-income people organising for a fairer deal for communities.

12 Arch Healthcare
01273 003530
archhealthcare.uk
The School Clinic, Morley Street, BN2 9DH
GP surgery for those experiencing homelessness or housing crisis.

13 BH Sussex
01273 645455
bht.org.uk
enquiries@bht.org.uk
144 London Road, BN1 4PH
Advice, information and legal representation on housing and accommodation.

Brighton University Law Clinic
brightonlawclinic@brighton.ac.uk
brighton.ac.uk/sbl/brighton-law-school/legal-clinic.aspx
Free legal advice by volunteer University of Brighton law students, with guidance from qualified lawyers and academics.

14 The Clock Tower Sanctuary
01273 722353
theclt.org.uk
We lock House, 41-43 North Street, BN1 1RH
Day centre for young people aged 16-25 years old experiencing homelessness.

15 First Base Day Centre
01273 320844
firstbase@bht.org.uk
bht.org.uk/services/homelessness
St. Stephen's Hall, Montpelier Place, BN1 3BF
Advice, food, showers, clothes, laundry & group activities for people experiencing homelessness.

Homelessness Desk at Brighton & Hove City Council
brighton-hove.gov.uk/directory-entry/housing-advice-and-homelessness-help-desk
Hove Town Hall, Norton Road, BN3 3BQ
Visit the helpdesk if you are homeless or at risk of becoming homeless. Staffed by Housing Officers to get dedicated support. Monday - Friday 9am - 4.30pm

Justlife Foundation
0300 123 1550
scp@justlife.org.uk
justlife.org.uk
Activities for people moving away from homelessness, befriending peer support & well-being the med group activities.

16 Lawstop Solicitors
0208 150 2588
lawstop.co.uk
44-46 Old Steine, BN1 1NH
Legal aid law practice providing legal representation and advice in housing, community care and public law.

Project Antifreeze and Street Sheet
01273 774140
antifreeze@offthefence.org.uk
communitybase.org.uk/street-sheet-link-2025/
37 Portland Road, BN3 5DQ
Practical support for homeless people.

Street Support Network
streetsupport.net/brighton-and-hove
Connecting people and organisations to tackle homelessness in Brighton & Hove.

Sussex Emmaus
01273 426475 • emmausbrighton.co.uk
contact@emmausbrighton.co.uk
Drove Road, Portslade, BN41 2PA
Supporting people to work their way out of homelessness, providing a home for as long as someone needs it.

Disabilities

1 Amaze
01273 772289
amazesussex.org.uk
info@amazesussex.org.uk
Advice/info: send us an email at amazesussex.org.uk
For disabled children and young people in Sussex, and the independent careers.

1 Brighton & Hove Speak Out
01273 42152
bhspkout@nhs.uk
Brighton ImCentre, North Road, BN1 1YD
Supports adults with learning disabilities to speak up and be heard.

Carousel
01273 234734
carousel.org.uk
enquiries@carousel.org.uk
Developing and projects for learning disabled people in the arts.

East Sussex Vision Support
01273 832252
info@eastsussexvision.support.org
eastsussexvision.support.org
Supporting local people with sight loss, in association with East Sussex Vision Care.

Grace Eyre
01273 201500
grace-eyre.org
enquiries@grace-eyre.org
Ground Floor West, Telecom House, 125-135 Preston Road, BN1 6AF
Supporting people with learning disabilities & autistic people to live the lives they want to.

1 Mencap
01273 234759
mencap.org.uk
Resourcing people with a learning disability to support them to lead full lives.

Parent Carers' Council (PACC)
01273 234802 • paccbrighton.org.uk
admin@paccbrighton.org.uk
Room for parent carers of children & young people aged 0-25 years with SEND. Helping to improve local services and support.

Possability People
01273 894040
hello@possabilitypeople.org.uk
possabilitypeople.org.uk/our-services/advice-information/
Montague House, Montague Place, BN2 1JE
Advice & support with benefits for disabled people & those living with health conditions.

RNID
07484 411830
jswood@rnid.org.uk
rnid.org.uk/information-and-support/local-support-services/
St. Peter's Medical Centre, 30-30 Oxford Street, BN1 4LA
Free drop-in service - no appointment needed. First Wed of the month 10am-12pm.

Shropability
01273 323239
possabilitypeople.org.uk
Low-cost scooter and wheelchair hire.

Sussex MS Centre
01273 594484
mssussex.com
info@mssussex.com
Sussex MS Centre provides the rapid, classes, and community to people living in Sussex with Multiple Sclerosis.

General & Emotional Support

AbilityNet
0300 180 0028 • enquiries@abilitynet.org.uk
abilitynet.org.uk/free-tech-support-and-info
Technology advice and digital skills for older people and disabled people of any age. Over the helpline or home visits.

Brighton & Hove City Council AccessPoint
01273 295555
brighton-hove.gov.uk/adult-social-care
Information and advice about adult social care services in Brighton & Hove.

Brighton & Hove Community Transport
01273 677559 • bhct.co.uk
hello@bhct.co.uk
Accessible, affordable transport for groups and individuals with mobility difficulties & Easylink Shopping Service.

1 Brighton Customer Help Desk
01273 290000
brighton-hove.gov.uk/visit-us-person
Various locations including Jubilee Library, Jubilee Street, BN1 & Hove Library, 182-180 Church Road, BN3. Access point to all Brighton & Hove Council services.

Brighton Women's Centre
womenscentre.org.uk
Globe House, 3 Morley Street, BN2 9RA
Women's support, counselling, psychotherapy, peer support groups, accommodation support, supporting women involved in the criminal justice system.

The Carer's Centre for Brighton & Hove
01273 740222 • thecarerscentre.org
info@thecarerscentre.org
Unit G08, Brighton Junction, 1a Isabella Square, 35 New England Street, BN1 4GQ
Supporting unpaid carers from the age of 8 years upward. Exception for unpaid carers of those aged under 18 with special additional needs who should contact Amaze.

Crossroads Care
01273 234021 • esbxcrossroads.org.uk
Providing reliable, quality residential care to enable carers to take a well-earned break.

Cruse Bereavement Support
0300 0133000 Option 4 • cruse.org.uk
eastussex@cruse.org.uk
Information and counselling for bereaved people and opportunities for social contact.

Domestic Abuse Specialist Service (DASS) at Victim Support
0300 323 9985
victimsupport.org.uk/resources/brighton-and-hove-domestic-abuse-specialist-service
Support to survivors and those affected by domestic abuse and racism.

20 Impact Initiatives
impact-initiatives.org.uk
Support to children, young people and adults to live healthy and fulfilling lives.

1 Pathways to Health
01273 234700 • pathwaystohealth.org.uk
info@pathwaystohealth.org.uk
Community acupuncture service supporting people and their families in recovery from mental health and substance use issues.

The Saturn Centre (Sussex SARC, Sexual Assault Referral Centre based in Crawley)
0330 223 0099 • saturncentre.org
mhl.saturncentre@nhs.net
Free confidential healthcare & support to anyone aged 13 years + in Sussex that has experienced unwanted sexual experiences. Self-referral without police involvement.

21 Together Co
01273 775888 • togetherco.org.uk
hello@togetherco.org.uk
Projects, The Lanes, Nile House, Nile Street, BN1 1HW
Providing befriending & social prescribing services to reduce isolation, loneliness & improved well-being.

Lesbian, Gay, Bisexual & Transgender

1 All Sorts Youth Project
01273 721100 • allsortsyouth.org.uk
info@allsortsyouth.org.uk
09 Ship Street, BN1 1AE
LGBT+ youth and family services available across Sussex and online.

1 Brighton & Hove LGBT Switchboard
01273 234009 Helpline 01273 204050
info@switchboard.org.uk
switchboard.org.uk
Provide targeted health & well-being services to LGBT+ people across Sussex.

1 The Clare Project
07464 229 395 • clareproject.org.uk
info@clareproject.org.uk
Registered charity run by and for trans, non-binary and intersex people in Sussex.

Trans Sober
07341 395239 • transsober.org
info@transsober.org
Support for trans and alcohol use for the trans and non-binary community.

Minority Ethnic Communities

1 Black and Minority Ethnic Community Partnership (BMECP)
0300 303 1171
bmeccp.org.uk
10a Fleet Street, BN1 4ZE
Resource centre which champions the BME community in Brighton & Hove and supports BME communities and their families.

Black and Minority Ethnic Young People's Project (BMEYPP)
info@bmeyp.org.uk
instagram.com/bmeyp/
Youth led project for people aged 11 to 25 years. Access to support, new skills & social activities.

1 Brighton & Hove Black History
black-history.org.uk
Challenges racism & prejudice by raising awareness of the multicultural history of Britain.

1 Friends, Families and Travellers
01273 234777
gypsy-traveller.org
ftf@gypsy-traveller.org
National charity working on behalf of all Gypsies, Travellers and Roma regardless of ethnicity, culture or background.

Racial Harassment Forum
07933 181885
rhbfandhove.org.uk
community.support@rhbfandhove.org.uk
Supports people affected by racist and faith hate incidents.

1 Sussex Interpreting Services
01273 702005
sussexinterpreting.org.uk
Free language support for non-English speakers to access local public services.

Other Groups at Community Base Not Listed

African Centre For Development And Research
01273 234756
Promoting inclusion, equality and justice. Brings together non-formal learning and research.

Alexandra Rose Charity
01252 726171 • alexandrarose.org.uk
Helping families on low income in London, Liverpool, Barnsley and Glasgow buy fresh fruit and vegetables.

Bhopal Medical Appeal
01273 003278 • bhopal.org
Caring for survivors of the world's worst industrial disaster - The Bhopal Gas Tragedy.

Brighton Philharmonic Orchestra
01273 234801 • brightonphil.org.uk
mailto:brightonphil@brightonphil.org.uk
Brighton's professional orchestra, performing at the Brighton Dome and across Sussex.

Community Works
01273 234023
info@communityworks.org.uk
communityworks.org.uk
We support charities, not-for-profit organisations and community groups to deliver positive social action across Brighton & Hove, Adur & Worthing and West Sussex.

Creative Future
01273 234780 • info@creativefuture.org.uk
creativefuture.org.uk
A national organisation supporting under-represented writers and artists working in art and health.

Grassroots Suicide Prevention
prevent-suicide.org.uk/
Empower people to help save lives from suicide through education, connecting and campaigning nationally.

Maternity Worldwide
01273 234033 • maternityworldwide.org
Saving lives in childbirth in sub-Saharan Africa.

NHS Support Federation
01273 234822
nhsccampaign.org
Campaign to promote and protect a comprehensive national health service.

RSPB
rspb.org.uk
Charity for the conservation of birds and nature. Carrying out conservation on a large scale to protect & restore habitats & save species.

SCIP
01273 234046 • support@scip.org.uk
scip.org.uk
Providing low-cost IT support and website development to the voluntary sector.