



# Brighton & Hove Christmas Services Directory

Release date  
14/12/2020

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

Below is information on these topics:

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Directory listing local and national services with options available for you and the people you support during the Christmas period: **21<sup>st</sup> December 2020 – 3<sup>rd</sup> January 2021.**

This is not intended to be a complete directory of all services; rather it is intended to update you about anything special going on over the festive period, as well as changes in operating times for key services in the community.

Ageing Well will be updating this directory regularly until the 24<sup>th</sup> of December, so please keep checking our website for the most recent version (you will also find our regular, more comprehensive directory [here](#)): [Coronavirus - Ageing Well \(ageingwellbh.org\)](http://ageingwellbh.org)

*If you are looking at this online you can click on the **topic** that you are most interested in and it will take you straight there!*



If you have something to add to this directory, please email [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk) or call Ageing Well on 07770 061072.





## Food

You may find that Christmas is a challenging time for getting food delivered. Where possible it is important to plan ahead, as supermarket slots will likely be in high demand and shops will be busy when open, especially as bank holidays mean there are a number of days' shops will be closed. You may need to consider shopping in ways that are new to you.

Where possible, please ask friends and family for support with shopping during this time if you are struggling. If this is not an option, the following information aims to provide you with alternative options for getting food. Please note: Impact initiatives is here to offer support with shopping options until 24<sup>th</sup> December, so if you want to call to talk through what is available, you can contact us on **07770 061072**. Impact Initiatives is closed 25<sup>th</sup> December until 3<sup>rd</sup> January.

### Christmas Meals

If you know you are going to be alone over Christmas, you may like to sign up to a Christmas meal delivery from a local organisation. Brighton and Hove Food Partnership have put together a directory of organisations delivering Christmas meals. Organisations offering meals include Food and Friendship, East Brighton Food Coop and St Mary Magdalen's Church. <https://bhfood.org.uk/directory-hub/meal-delivery-takeaway-services-covid-19-info/>

### Emergency Food Support

If you find yourself unable to use the options listed above and are unable to access food in other ways contact Brighton and Hove City Council Community Hub for an emergency food support 01273 293117. Please note the Community Hub is closed on bank holidays. For a more extensive overview of shopping options in Brighton and Hove, please see the [Ageing Well Shopping and Help Accessing Food](#) directory.





## Telephone Shopping

Some supermarkets have made it possible for older and vulnerable people to order groceries over the phone. Please see below for instructions on how to use the advised options as well as their opening hours and availability over the festive period.

Service	Overview	Christmas Operational Dates and Hours
<p><b>Morrison's Doorstep Delivery</b></p> <p>0345 611 6111 press option 5</p>	<p>Morrison's have set up a service called Morrison's Doorstep Delivery for vulnerable customers who cannot shop online. Customers can call with their shopping lists and place an order over the phone. Shopping is delivered the day after you order. Payment for the shopping is taken by portable card machine on delivery. In order to use this service, you must live within 10 miles of a Morrison's store.</p> <p>Usual operating times: Order: Mon – Sat 9am- 5pm Delivery: the next day anytime between 10am- 6pm.</p> <p><b>Please see next column for changes to operating times over the festive period.</b></p> <p><b>Delivery charges</b> Elderly and vulnerable: Free* Students: £2 Standard: £4.50</p> <p>*If you are not <u>required</u> to pay a delivery fee, you will be asked if you would like to pay an optional contribution towards the delivery cost, this is not mandatory*</p>	<p>Order 22<sup>nd</sup> December for food delivery on 23<sup>rd</sup> December.</p> <p>Service closed 24<sup>th</sup>-25<sup>th</sup> December.</p> <p>Service open for orders from 26<sup>th</sup>-29<sup>th</sup> December.</p> <p>Order 29<sup>th</sup> December for delivery 30<sup>th</sup> December.</p> <p>Service closed 31<sup>st</sup> December – 1<sup>st</sup> January.</p> <p>Normal service resumes 2<sup>nd</sup> January.</p>
<p><b>Sainsbury's Assisted Shopping</b></p> <p>0800 917 8557 press option 1</p>	<p>Sainsbury's Assisted Shopping scheme helps older and vulnerable customers to place orders over the phone. When calling for the first time you will be asked to set up an account, including registering your bank details. You will then need to provide the last 4 digits of your long card number every time you call to make an order.</p> <p>There is a minimum order of £25. If you spend under £40, delivery costs £7 for your delivery and can choose a 1-hour slot. If you spend over £40, you will either be charged £4 for a 1-hour slot or £1 for a 4-hour slot (you will be called on the morning of your delivery day to specify what hour your delivery is expected to arrive).</p>	<p>It is <b>advisable</b> to place your food shopping order <b>as soon as possible</b> with Sainsbury's Assisted shopping service. This is due to limited delivery slot availability over the festive period. The slot availability will differ based on location and store within Brighton and Hove.</p> <p><b>Click and Collect and Delivery of shopping are not possible on the 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> December and 1<sup>st</sup> of January.</b></p>

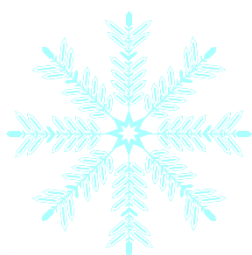




## Same Day Shopping Options

If you have a need for urgent/same day food shopping over the festive period, the below options may assist. Delivery companies will be able to deliver within hours depending on the advised opening hours and availability over the Christmas period. Please use the postcode function to check availability in your area.

Service	Overview	Christmas Operational Dates and Hours
<b>Dinner 2 Go (cash)</b> <a href="http://www.dinner2go.co.uk/brighton">www.dinner2go.co.uk/brighton</a>	Online Brighton based delivery service delivering from local restaurants, takeaways and off-licenses. Online or via app. Cash can be paid on delivery. Service available from 12 noon.	Service closed on the <b>24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> of December.</b>  Service opens <b>from the 27<sup>th</sup> of December</b> onwards including <b>31<sup>st</sup> and 1<sup>st</sup> of January.</b>
<b>Coop (debit card)</b> <a href="https://www.coop.co.uk/ways-to-shop/home-delivery">https://www.coop.co.uk/ways-to-shop/home-delivery</a>	Home delivery for online shopping within 2 hours. Minimum spend £15. Delivery charges £0.99-£1.99. Enter your post code to find next available slot.	<b>Coop's operations hours</b> vary depending on each location of Co-op store in Brighton and Hove.  Please use the postcode function to check availability in your area. <a href="https://finder.coop.co.uk">https://finder.coop.co.uk</a>
<b>Sainsbury's Chopchop App (debit card)</b> <a href="https://www.chopchopapp.co.uk/">https://www.chopchopapp.co.uk/</a>	For delivery within in an hour download the Sainsbury's Chopchop App. Minimum spend £15, £5 delivery charge	Service available up until <b>the 24<sup>th</sup> of December</b> for delivery.  <b>Please note you cannot use the app over the 25<sup>th</sup> and 26<sup>th</sup> and 1<sup>st</sup> of January.</b>
<b>Waitrose Rapid (debit card)</b> <a href="https://rapid.waitrose.com/">https://rapid.waitrose.com/</a>	Waitrose Rapid offers delivery in two hours with a £10 minimum spend and £5 delivery charge.	Service <b>it is not operating</b> on the <b>25<sup>th</sup>, 26<sup>th</sup> of December and the 1<sup>st</sup> of January.</b>





### Supermarket Opening Hours

If you do prefer to shop in person, please check with your local supermarket their opening hours. Remember Hands, Face, Space. Many of the supermarkets will be

- Offering extended hours in the lead up to Christmas
- Closing early on Christmas Eve
- Closed on Christmas day
- Closed on Boxing day (Aldi, M&S, Waitrose, ASDA)
- Operate slightly reduced hours in the lead up to New Year’s Eve
- Closed on New Year’s Day (not all)
- Returning to normal from the 2<sup>nd</sup> January.

### NHS Volunteer Responders

NHS Volunteer Responders may be able to offer support with shopping, prescription collection or a friendly chat if you meet the criteria below. Please be aware it can take 72 hours for a volunteer to respond and subject to availability.

Service	Overview	Contact Information
NHS Volunteer Responder	<p>You can self-refer for support from a NHS volunteer responder.</p> <ul style="list-style-type: none"> <li>• You have ever been advised to shield by a health professional.</li> <li>• You are vulnerable for another reason, (for instance, due to disability, pregnancy, aged over 70, you have a long-term condition such as Parkinson's or epilepsy, or are vulnerable due to a mental health condition).</li> <li>• People with caring responsibilities</li> <li>• People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms</li> <li>• People who've been instructed to self-isolate by the 'Test and Trace' service, because they've been near someone infected.</li> <li>• People who are self-isolating ahead of planned hospital care.</li> <li>• Frontline health and care workers</li> </ul>	<p>Call 0808 196 3646 (8am to 8pm) to refer yourself <a href="https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating">https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating</a></p> <p>Telephone lines remain open throughout the festive period including bank holidays. Volunteer support will be subject to availability.</p>





### Bank Holidays

- Friday 25<sup>th</sup> December
- Monday 28<sup>th</sup> December
- Friday 1<sup>st</sup> January

### Community and Local Services Opening Times

Service	Details	Opening Times
<b>Bus</b>	View timetable online	<a href="https://www.buses.co.uk/christmas">https://www.buses.co.uk/christmas</a>
<b>Ageing Well</b>	Single Point of Contact service: 07770061072, <a href="mailto:ageingwellbh@impact-initiatives.org.uk">mailto:ageingwellbh@impact-initiatives.org.uk</a>	9am-5pm Mon-Fri, but closed between the 25 <sup>th</sup> December and 3 <sup>rd</sup> January
<b>Covid Information</b>	For information on accessing Covid related services, including tests, PPE and also food, please see this directory.	<a href="https://covidbrightonhove.org.uk">https://covidbrightonhove.org.uk</a>
<b><u>Access Point</u></b>	01273 295555, <a href="mailto:accesspoint@brighton-hove.gov.uk">accesspoint@brighton-hove.gov.uk</a>	Open except Bank Holidays
<b><u>Community Hub</u></b>	01273 290 000	Open except Bank Holidays
<b><u>LDSF</u></b>	01273 293 117, <a href="mailto:LDSF@brighton-hove.gov.uk">LDSF@brighton-hove.gov.uk</a>	Open except Bank Holidays

### Wellbeing and Support

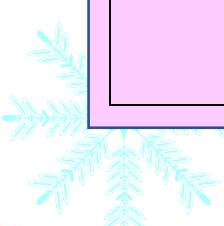
<b>Mind (Brighton and Hove)</b>	Available to phone if you are worried about your own or someone else's mental health: <b>01273666950</b> . Open every day throughout Christmas. See <a href="#">calendar</a> below for times.
<b>Oasis Project</b>	A service for women experiencing problems with drugs or alcohol. They offer support over the phone for any <u>woman</u> adult: <b>01273696970</b> . Open 9am-5pm Mon-Fri, closed bank holidays.
<b>Cruse</b>	Bereavement support. You can leave a message on: 01273 234007, however messages left on or after 24th December will not be responded to until the new year. If you need urgent support, you can ring the help line Mon & Fri 9.30am - 5pm, Tue Wed & Thurs 9.30am - 8pm, Sat & Sun 10am - 2pm on <b>0808 8081677</b> .





**Wellbeing and Support**

<b>Hourglass (Elder Abuse)</b>	Free national, confidential helpline providing information & support to anyone concerned about harm, abuse or exploitation of an older person. Hourglass Sussex can be contacted for help to find social contacts, emotional support and help to regaining independence. Open 9am-5pm Mon-Fri, closing at 12pm on 24 <sup>th</sup> December and closed Bank holidays: <b>0808 808 814</b> .
<b>Samaritans</b>	If you need someone to talk to, they listen. They won't judge or tell you what to do. Call <b>any time</b> on <b>116 123</b>
<b>SHOUT</b>	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Having conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. If you are struggling to cope, text the word ' <b>SHOUT</b> ' to <b>85258</b>
<b>Sussex Mental Healthline</b>	A 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health or concerned for a relative or friend and this includes carers and healthcare professionals. You do not need an appointment: <b>0800 0309 500</b>
<b>Community Roots</b>	Mental Health & Wellbeing Support in Brighton & Hove. If you need support for your mental health or wellbeing, or know somebody that does, please call: <b>0808 196 1768</b> . Mon - Fri, 9am - 5pm, except bank holidays.
<b>Silver Line</b>	The Silver Line is the only confidential, free Helpline for older people across the UK open every day and night of the year. People call us just for a chat, to say Good Night or Good Morning to someone, or tell us how their day was. Others call for information, seek advice about something, or share a concern or worry: <b>0800 4 70 80 90</b>
<b>AbilityNet</b>	AbilityNet are offering free help with technology. Phone <b>0800 048 7642</b> Mon-Fri 9am-5pm, except bank holidays. Emergency requests only between 24 <sup>th</sup> Dec to 4 <sup>th</sup> Jan.
<b>Switchboard</b>	Helpline providing support and information. They can connect you to the right LGBTQ services or advice. You can talk confidentially and anonymously about anything that's on your mind. <b>01273 359042</b> 7pm – 9:30pm on Wednesdays and Thursdays.
<b>Lifelines</b>	Closed from 18 <sup>th</sup> December to 4 <sup>th</sup> January.
<b>Anxiety UK</b>	Anxiety UK's info line service is operated by a team of dedicated volunteers and staff. Many of whom have personal experience of anxiety, stress or anxiety based depression and can offer practical advice and information on support services that are available. <b>03444 775 774</b> , Mon - Fri 9:30am - 5:30pm, except bank holidays.





### Entertainment and Social

<b>Hop 50+</b>	running Zoom activities on selected dates of the festive period. You can view their timetable here: <a href="https://ageingwellbh.org/christmas-timetable-2020/">https://ageingwellbh.org/christmas-timetable-2020/</a>
<b>Oxford University Music society</b>	Online Musical Advent Calendar here: <a href="https://bit.ly/musicadvent">https://bit.ly/musicadvent</a> . Each day there will be 3-4 performances from local schools, community groups and university students.
<b>The Power of Ageing</b>	An enriching and engaging Zoom workshop on changing concerns about growing older into meaning connection and life purpose. 11am-12:30pm on 30 <sup>th</sup> December click here for more information: <a href="https://www.eventbrite.com/e/get-involved-in-the-power-of-ageing-tickets-130164075253">https://www.eventbrite.com/e/get-involved-in-the-power-of-ageing-tickets-130164075253</a>
<b>WEA</b>	Free online activities on Christmas Day for everyone. short activities will run throughout the day and will provide fun and a chance to chat. So whether you are feeling lonely, or are just needing a moment away from the busy family, the WEA will be here for you this Christmas: <a href="https://www.wea.org.uk/christmasday">https://www.wea.org.uk/christmasday</a>
<b>The Artists Open Houses Winter Festival 2020</b>	Online until 31 <sup>st</sup> December. Visit <a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> , where Open House artists offer behind-the-scenes virtual tours and galleries of their work. By browsing the artists' listings, you can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from them.





## Events

### Monday 21<sup>st</sup> December 2020

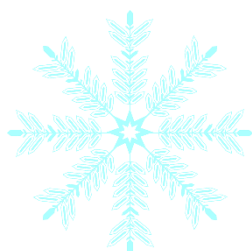
Event	Time/link	Location	Description
Step to the Beat / Chair Boogie	10:30am / 11am	Zoom	Hop 50+ Zoom sessions  Email to join: <a href="mailto:paula.carter@impact-initiatives.org.uk">paula.carter@impact-initiatives.org.uk</a>
Learning Italian Through Songs	12pm		
Christmas Quiz	2pm		
Christmas Mice Pie Meet up	3:30pm		
Oxford Musical Advent Calendar	<a href="https://bit.ly/musicaladvent">https://bit.ly/musicaladvent</a> Until 24 <sup>th</sup> December	Online	Oxford University Music society have created an Online Musical Advent Calendar here with 3-4 performances from local schools, community groups and university students each day.
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

### Tuesday 22<sup>nd</sup> December 2020

Event	Time/link	Location	Description
Relaxation with Anne	9.30am	Zoom	Hop 50+ Zoom sessions  Email to join: <a href="mailto:paula.carter@impact-initiatives.org.uk">paula.carter@impact-initiatives.org.uk</a>
Strength and Flexibility	10.30am		
Christmas Bingo	1.45pm		
Christmas Performance by Playreading with Attitude	3pm		
Oxford Musical Advent Calendar	<a href="https://bit.ly/musicaladvent">https://bit.ly/musicaladvent</a> .	Online	Oxford University Music society have created an Online Musical Advent Calendar here with 3-4 performances from local schools, community groups and university students each day.
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

### Wednesday 23<sup>rd</sup> December 2020

Event	Time/link	Location	Description
Oxford Musical Advent Calendar	<a href="https://bit.ly/musicaladvent">https://bit.ly/musicaladvent</a> .	Online	Oxford University Music society have created an Online Musical Advent Calendar here with 3-4 performances from local schools, community groups and university students each day.





The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.
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#### Thursday 24<sup>th</sup> December 2020

Event	Time/link	Location	Description
Relaxation with Anne	9.30am	Zoom	Hop 50+ Zoom sessions  Email to join: <a href="mailto:paula.carter@impact-initiatives.org.uk">paula.carter@impact-initiatives.org.uk</a>
Strength and Balance with Anne	10.30am		
Christmas Eve Open Strings	2pm		
Oxford Musical Advent Calendar	<a href="https://bit.ly/musicadvent">https://bit.ly/musicadvent</a>	Online	Oxford University Music society have created an Online Musical Advent Calendar here with 3-4 performances from local schools, community groups and university students each day.
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

#### Friday 25<sup>th</sup> December 2020 – Bank Holiday

Event	Time/link	Location	Description
WEA Christmas Activities	Various activities between 9am and 9:30pm <a href="https://www.wea.org.uk/christmasday">https://www.wea.org.uk/christmasday</a>	Zoom	WEA staff are providing FREE online activities on Christmas Day for everyone. short activities will run throughout the day and will provide fun and a chance to chat. So whether you are feeling lonely, or are just needing a moment away from the busy family, the WEA will be here for you this Christmas.
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

#### Saturday 26<sup>th</sup> December 2020

Event	Time/link	Location	Description
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.





**Sunday 27<sup>th</sup> December 2020**

Event	Time/link	Location	Description
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

**Monday 28<sup>th</sup> December 2020 – Bank Holiday**

Event	Time/link	Location	Description
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

**Tuesday 29<sup>th</sup> December 2020**

Event	Time/link	Location	Description
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

**Wednesday 30<sup>th</sup> December 2020**

Event	Time/link	Location	Description
The Power of Ageing	11am-12:30pm <a href="https://www.eventbrite.com/e/get-involved-in-the-power-of-ageing-tickets-130164075253%20">https://www.eventbrite.com/e/get-involved-in-the-power-of-ageing-tickets-130164075253%20</a>	Zoom	The Power of Ageing is an enriching and engaging workshop on changing concerns about growing older into meaning connection and life purpose.
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.

**Thursday 31<sup>st</sup> December 2020**

Event	Time/link	Location	Description
The Artists Open Houses Winter Festival	<a href="https://aoh.org.uk/winter2020">https://aoh.org.uk/winter2020</a> until 31 <sup>st</sup> December	Online	Open House artists offer behind-the-scenes virtual tours and galleries of their work. You can hear about the work, the processes of making and the ideas behind it, and you can buy the work directly from artists.





**Friday 1<sup>st</sup> January 2021 – Bank Holiday**

Event	Time/link	Location	Description

**Saturday 2<sup>nd</sup> January 2021**

Event	Time/link	Location	Description
Strength and Flexibility with Paula	10.30am	Zoom	Hop 50+ Zoom sessions  Email to join: <a href="mailto:paula.carter@impact-initiatives.org.uk">paula.carter@impact-initiatives.org.uk</a>
Coffee and Conversation with Paula	2pm		

**Sunday 3<sup>rd</sup> January 2021**

Event	Time/link	Location	Description





## SERVICES OPENING TIMES

	Mon 21	Tues 22	Wed 23	Thurs 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thurs 31	Fri 1	Sat 2	Sun 3
<b>Bank Holiday</b>	No	No	No	No	<u>Yes</u>	No	No	<u>Yes</u>	No	No	No	<u>Yes</u>	No	No
<b>Access Point</b>	8.30am - 5pm	8.30am - 5pm	8.30am - 5pm	8.30am - 5pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	8.30am - 5pm	8.30am - 5pm	8.30am - 5pm	<u>Closed</u>	8.30am - 5pm	8.30am - 5pm
<b>Ageing Well</b>	9am – 5pm	9am – 5pm	9am – 5pm	9am – 5pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>
<b>Community Hub</b>	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	<u>Closed</u>	10:30am – 4:30pm	10:30am – 4:30pm
<b>LDSF</b>	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	10:30am – 4:30pm	10:30am – 4:30pm	10:30am – 4:30pm	<u>Closed</u>	10:30am – 4:30pm	10:30am – 4:30pm
<b>Buses</b>	Normal Service	Normal Service	Normal Service	<b>Saturday Service end 22:00</b>	<b>No Service</b>	<a href="#">Special Timetable</a>	Sunday Service	<b>Sunday Service</b>	<b>Saturday Service</b>	<b>Saturday Service</b>	<b>Saturday Service</b>	<b>Sunday Service</b>	Saturday Service	Sunday Service
<b>Mind</b>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 3pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	9am - 5pm	9am - 5pm	9am - 3pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>
<b>Oasis</b>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>
<b>Cruse Helpline</b>	9.30am - 5pm	9.30am - 8pm	9.30am - 8pm	9.30am - 8pm	9.30am - 5pm	10am - 2pm	10am - 2pm	9.30am - 5pm	9.30am - 8pm	9.30am - 8pm	9.30am - 8pm	9.30am - 5pm	10am - 2pm	10am - 2pm
<b>Hour Glass</b>	9.00am - 5pm	9.00am - 5pm	9.00am - 5pm	9.00am - 12pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>	9.00am - 8pm	9.00am - 8pm	9.00am - 8pm	<u>Closed</u>	<u>Closed</u>	<u>Closed</u>
<b>Samaritans</b>	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7
<b>SHOUT</b>	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7





	Mon 21	Tues 22	Wed 23	Thurs 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thurs 31	Fri 1	Sat 2	Sun 3
<b>Sussex Mental Healthline</b>	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7
<b>Community Roots</b>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>Silver Line</b>	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7	Open 24/7
<b>AbilityNet</b>	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm Emergency only	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	9am - 5pm Emergency only	9am - 5pm Emergency only	9am - 5pm Emergency only	9am - 5pm Emergency only	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>Switchboard</b>	<b>Closed</b>	<b>Closed</b>	7pm – 9:30pm	7pm – 9:30pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	7pm – 9:30pm	7pm – 9:30pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>Anxiety UK</b>	9.30am – 5.30pm	9.30am – 5.30pm	9.30am – 5.30pm	9.30am – 5.30pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	9.30am – 5.30pm	9.30am – 5.30pm	9.30am – 5.30pm	9.30am – 5.30pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>

