



# Brighton & Hove Services, Support and Guidance

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

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Your list of local and national services to support yourself and the people you care for during the outbreak of coronavirus in the UK.

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

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

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



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**Information on  
all services**

**Ageing Well**

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

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

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

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

**WEBSITE**

**07770 061 072**

Mon – Fri:

9am – 5pm

Bank Holidays:

Closed

**EMAIL**

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**Important  
information  
from the  
government**

Further to the easing of COVID-19 restrictions on 12<sup>th</sup> April 2021, from 17<sup>th</sup> May, the following will apply:

- Outdoor gatherings will be limited to 30 people and indoor gatherings will be limited to 6 people or 2 households.
- Indoor entertainment and attractions such as cinemas, theatres, concert halls, bowling alleys, casinos, amusement arcades, museums and children's indoor play areas will be permitted to open with COVID-secure measures in place.
- People will be able to attend indoor and outdoor events, including live performances, sporting events and business events. Attendance at these events will be capped according to venue type, and attendees should follow the COVID-secure measures set out by those venues.
- Indoor hospitality venues such as restaurants, pubs, bars and cafes can reopen.
- Organised indoor sport will be able to take place (including gym classes) with reasonable measures to reduce the risk of transmission.
- All holiday accommodation will be open (including hotels and B&Bs). This can be used by groups of up to 6 or 2 households (each household can include a support bubble, if eligible).
- Funeral attendance will no longer be limited to 30 people, but will be determined by how many people the COVID-secure venue can safely accommodate with social distancing. Limits at weddings, wakes and other commemorative events will be increased to 30 people. Other significant life events, such as bar/bat mitzvahs and christenings, will also be able to take place with 30 people.
- Care home residents can visit and receive up to five named visitors (two at any one time), provided visitors test negative for COVID-19.
- All higher education students will be able to access in-person teaching.
- Support groups and parent and child group gathering limits will increase to 30 people (not including under 5s)
- There will no longer be a legal restriction or permitted reason required to travel internationally. There will be a traffic light system for international travel, and you must follow the [rules when returning to England depending on whether you return from a red, amber or green list country](#).



Here is the official Government online guidance:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

The government have announced a 4-step plan to ease out of these restrictions. You can read about this here:

<https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

**HANDS.  
FACE.  
SPACE.**

**Hands. Face. Space.**

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

- hands – wash your hands regularly and for at least 20 seconds
- face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

In all circumstances, you should follow the [guidance on meeting others safely](#).

**CEV  
SHIELDING**

Although the advice to shield has ended, clinically extremely vulnerable people must continue to follow the rules that are in place for everyone. You can find guidance for those who are CEV here:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

**SYMPTOMS**

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

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

**If you or someone in your household is showing coronavirus symptoms, you should order a free test here:**

<https://www.gov.uk/get-coronavirus-test>

**TESTING  
POSITIVE**

You can find guidance for possible and confirmed Coronavirus infection here: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

**119  
HELPLINE**

If you cannot access the internet and need to speak with the NHS Coronavirus testing service, dial 119 from any phone. You can also book your vaccination appointment when your priority group is eligible for the vaccine on this number.

There is also a BSL (British Sign Language) service available. For more information see here:

<https://signhealth.org.uk/announcement/nhs-119-bsl/>



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**VACCINATION**

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. The vaccine is being offered at vaccination centres, pharmacy-led vaccination services, and GP-led vaccination services.

Individuals are allocated to different priority groups based on different factors such as age or underlying health conditions. When it is the right time for your priority group to be receiving the vaccine, you will get an invitation to let you know. For most people this will be in the form of a letter either from their GP or the national booking system; this will include all the information needed, including your NHS number.

If your priority group is eligible to receive the vaccine, you can book an appointment through the [national booking service website](#) or by calling 119. You can also call 0300 303 8060 to arrange your vaccination at the [COVID-19 GP Vaccination Centre located at the Brighton Racecourse](#).

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

The latest information on the Sussex COVID-19 Vaccination programme can be found here:

<https://www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/>

It is important to note that receiving the vaccine does not make you instantly immune to the virus and does not change your requirement to wear a face covering in public, practice social distancing and wash hands regularly.

Find out more about what to expect after receiving your vaccine here: [What to expect after your COVID-19 vaccination - GOV.UK \(www.gov.uk\)](#)

**VACCINATION  
TRANSPORT**

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

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

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

**VACCINATION  
SCAM ALERT**

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



available from the NHS and the NHS will contact you when it is your turn.

The NHS will:

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

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

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

<b>Coronavirus / Covid-19</b>	<b>Citizens Online</b>	A list of resources gathered from around the web to help you stay in touch with family, friends or colleagues during the coronavirus outbreak – or to help you to help others!	<a href="#">WEBSITE</a> <b>0203 916 5484</b>
	<b>NHS</b>	Find out more about symptoms and what to do if you are concerned about Coronavirus.	<a href="#">WEBSITE</a>
	<b>Government Advice</b>	The latest information on social distancing, support and advice.	<a href="#">WEBSITE</a>
	<b>Sussex Interpreting Services (SIS)</b>	Links to the latest translated resources that may be useful to people during Covid-19, such as translated government guidelines and a translated free guide to living with worry and anxiety during global uncertainty.	<a href="#">WEBSITE</a>
	<b>Doctors of the World UK</b>	Doctors of the World UK have translated the latest NHS guidelines into 60 languages.	<a href="#">WEBSITE</a>
	<b>Public Health England</b>	Public Health England translated information about testing for Coronavirus into 40 languages and explains that Covid-19 testing is free regardless of immigration status.	<a href="#">WEBSITE</a>
	<b>Age UK</b>	Advice on how to assess your own risk in regards to coronavirus.	<a href="#">WEBSITE</a>
	<b>Free Easy Read Posters</b>	Easy read posters with guidance and information around Covid-19 - free to print or share online from Photosymbols.	<a href="#">WEBSITE</a>
	<b>Brighton Covid-19 Mutual Aid Groups</b>	Mutual Aid Local Groups are small groups of people set up independently in communities to support vulnerable people in their local area during the outbreak. Please be aware that mutual aid groups are not monitored or regulated, but they can offer lots of different help from dog walking to posting mail – it varies from group to group.	To find your nearest group search here: <a href="#">WEBSITE</a>



We would advise that you read the advice within this directory about how to keep safe from scams, and never do anything which makes you feel uncomfortable. It is always a good idea to speak to a trusted friend or family member before making any decisions.

**Post Covid-19 Recovery Information**

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

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

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

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

**Brighton & Hove City Council Support**

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

**The Local Covid-19 Outbreak Plan** A plan by the local authority in conjunction with Public Health England and health service partners to ensure that local businesses, local communities and other statutory agencies all play their part in managing infection control [WEBSITE](#)

**Local Council Coronavirus Support**

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

**Adur and Worthing Council** [www.adur-worthing.gov.uk/coronavirus](http://www.adur-worthing.gov.uk/coronavirus)

**West Sussex County Council** [www.westsussex.gov.uk/coronavirus](http://www.westsussex.gov.uk/coronavirus)

**East Sussex County Council** [www.eastsussex.gov.uk/coronavirus](http://www.eastsussex.gov.uk/coronavirus)



Covid B&H  
Directory

<https://covidbrightonhove.org.uk/>

Points of contact  
who can direct  
you to specific  
information

Impact Initiatives  
Food Access  
Support

Food & Essential Supplies for people 18+ who can afford to pay for shopping

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

[WEBSITE](#)

07770 061 072  
or via BHCC:  
01273 293 117  
*option 3*

[EMAIL](#)

Covid Brighton  
Hove

Coronavirus is still making life hard, but you are not alone. There is still help on offer. Brighton and Hove council have put together this directory to find support with food shopping, money and work, Covid testing, and more. You can also use it to find help for friends, family and neighbours.

[WEBSITE](#)

Carers Hub

Provide general Information, advice, support and signposting for all carers whether young, adult, professional whether full time or not.

[WEBSITE](#)

01273 977 000  
[EMAIL](#)

Community  
Roots

A network of local community-based services working together to support good mental health and wellbeing in Brighton and Hove. Telephone for Mental health and wellbeing support, [or request contact online](#).

[WEBSITE](#)

0808 196 1768  
Mon – Fri:  
9am – 5pm

Healthy  
Lifestyles Team

Support for people to get and stay active is still being provided through:

- A weekly programme of virtual adult exercise classes (hosted on Zoom)
- 1 to 1 support from [a Health Trainer](#) (by phone or online support)
- [Online information and resources to stay active](#), incl. [YouTube Channel](#)

[WEBSITE](#)

01273 294 589

[EMAIL](#)

[REGISTRATION  
FORM](#)

Together Co

Social prescribing for adults who are isolated and need support with their health and wellbeing, they offer support to navigate services and find social connections.

[WEBSITE](#)

01273 229 382  
[EMAIL](#)

Information  
& Advice

Access Point

Access Point is the main point of contact for Adult Social Care (ACS). ACS support health and independence, so you can live in your home for as long as possible.

[WEBSITE](#)

01273 295 555

[EMAIL](#)



<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>Possability People</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, including deaf and blindness.	<a href="#">WEBSITE</a> <b>0300 330 9256</b> <a href="#">EMAIL</a>
<b>Sussex Interpreters Direct (SID)</b>	NCRPD registered British Sign Language (BSL) experts offering interpretation BSL/English services.	<a href="#">WEBSITE</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.	<a href="#">WEBSITE</a> <b>01273 702 005</b> <b>01273 234 825</b>
<b>Speak Out</b>	Independent advocacy for adults with learning disabilities in Brighton & Hove hosting daily <a href="#">online drop-in sessions</a> for the LD community on Tuesday and Wednesday 2-4pm & Friday and Sunday 6.30pm-8pm. They are also running <a href="#">LD support chatrooms</a> on facebook.	<a href="#">WEBSITE</a> <b>01273 421 921</b>  Mon – Fri: <i>9am - 5pm</i> Sun: <i>11am - 3pm</i>
<b>Agespace</b>	Online information about care, legal and financial matters, health and local services.	<a href="#">WEBSITE</a>
<b>Independent Age</b>	Information and advice for older people.	<a href="#">WEBSITE</a> <b>0800 319 6789</b>
<b>Citizen's Advice</b>	Citizen's Advice are continuing to provide advice and information by telephone and email during the coronavirus lockdown. You can find all the details on their homepage.	<a href="#">WEBSITE</a> <b>08082 78 78 15</b>
<b>Brighton Women's Centre</b>	BWC have created a Women Supporting Women Helpline called Toget[her] - offering support & advice from fully trained staff & volunteers who will answer your call in confidence. The Helpline is for all self-identifying women to access support, advice, and signposting on a range of topics, or just a space to reach out and connect. The helpline aims to link women to our many services, such as our Foodbank, Therapy Service, and Women's Accommodation	<b>01273 698036</b> Mon (50+ specific): <i>2pm – 4pm</i> Wed: <i>2pm – 4pm</i> Thurs: <i>10am – 12pm</i>  <a href="#">EMAIL</a>





Support Service, Mental Health and Wellbeing Support and more. BWC Online Chat allows you to direct message with a member of staff from practical or emotional support via their 'Talk to Us' button on the bottom right of their website. Please see the next column for opening times

[WEBSITE](#)

Mon:  
5pm- 7pm  
Thurs:  
12pm – 2pm

**Sussex Prisoners' Families**

Sussex Prisoners' families supports many older residents with a loved one in prison. They provide practical information about, and guidance through, the criminal justice system processes (through trial and custody), advocate for family members in the community with prisons and provide emotional support and supported referrals to community based support services.

[WEBSITE](#)

01273 499843

**Health**

**NHS non-emergency**

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

To get help from NHS 111:

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

**Call 111**

[WEBSITE](#)

**SignLive**

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

[WEBSITE](#)

**NHS CCG Brighton & Hove – Emergency Dental Services**

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

[WEBSITE](#)

**Brighter Outlook with Albion in the Community**

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

[WEBSITE](#)

01273 668591

[EMAIL](#)

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

[WEBSITE](#)

01273 878269

[EMAIL](#)



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<b>BHCC - Supporting Your Wellbeing</b>	Living and working through an event such as the Coronavirus pandemic can be a worrying time for everyone. It's all too easy in uncertain times to neglect your health, especially when it's necessary to reduce your social contact and time spent outdoors. Brighton & Hove council have produced guidance to help you look after yourself and your loved ones.	<a href="#">WEBSITE</a>
<b>The 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>Age UK WSBH – Nail Cutting Service</b>	Age UK WSBH's nail cutting service is back open. They are able to offer clinic appointments and home visits for those who are not able to leave their house. People who wish to use the service will be assessed for their suitability. A member of the nail cutting team will complete an assessment over the phone and allocate a nail cutter to you. Visit their homepage for more information.	<a href="#">HOMEPAGE</a> <b>01273 221 430</b> <a href="#">EMAIL</a>
<b>Beezee Bodies</b>	Are a weight management service who are offering group webinars, videos, Whatsapp groups, advice on social media and 1-1 telephone support.	<b>01273 294 589</b> <a href="#">EMAIL</a>
<b>Sleep Well with Daily Hope</b>	The Church of England's free national telephone line providing music, prayers and other services over the phone. For example, Daily Hope offers a recorded over-the-phone tuition for seated exercises. Additionally, you can now choose an option called 'Sleep Well with Daily Hope' – a relaxing and accessible guide to a good night's sleep with helpful tips and Bible readings to encourage sleep. Just call Daily Hope help line or go onto their <a href="#">website</a> to listen to the recordings.	<b>0800 8048044</b> <a href="#">HOMEPAGE</a>
<b>East Brighton Has Heart</b>	Offering free online health coaching for people with heart health risk. To find out whether you're eligible, fill out their short <a href="#">survey</a> . The project is run by Wellsbourne Healthcare and Brighton & Sussex Medical School over the next nine months.	<a href="#">HOMEPAGE</a>

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<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 goals relating to healthy eating, physical activity or reducing alcohol.	<a href="#">WEBSITE</a> <b>01273 294 589</b> <a href="#">EMAIL</a>
<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>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>	Therapies and group sessions are currently suspended, but they have set up a comprehensive package of online and phone support for people living with cancer during the Coronavirus pandemic. The café stays open for take away food and drinks, and so is the information lounge.	<a href="#">WEBSITE</a> <b>01273 468770</b> <a href="#">EMAIL</a>
<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>Exercise</b>	<b>The Hop 50+</b> The Hop 50+ are hosting online exercise classes, quizzes, singing and lots of other activities online.	To join the online group activities email: <a href="#">EMAIL</a>



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<b>Later Life Training</b>	Make Movement your Mission - Join Bex, 3 times a day (8am, 12pm and 4pm) for 10 minute live functional movement exercise sessions on Facebook.  You don't need to join in live though, you can start anytime as all sessions are also available on YouTube.	<a href="#">FACEBOOK GROUP</a>  <a href="#">YOUTUBE VIDEO</a>
<b>Sport England</b>	Sport England have put together tips, advice and guidance on how to keep or get active in and around your home, including free online content, simple ways to combine the outdoors with activity, fitness challenges, and paid-for exercise classes.	<a href="#">WEBSITE</a>
<b>BHCC - Active for Life</b>	Information, advice and options to stay active at home during the COVID-19 pandemic.	<a href="#">WEBSITE</a> <b>01273 294 589</b>
<b>Exercise and physical activity for osteoporosis and bone health</b>	Online exercise videos and factsheets offered by the Royal Osteoporosis Society.	<a href="#">ACTIVITY FOR OSTEOPOROSIS</a>
<b>Vida Active Cub</b>	'Exercise and Socialise' for people over 60 is a fun and inclusive exercise class with a chance to talk to others. All sessions are 30 minutes light exercises followed by refreshments. They are back indoors now at different locations in the city. They still offer one Zoom session for people who are more comfortable at home. Check the links for more details.	<a href="#">WEBSITE</a> <a href="#">TIMETABLE</a>
<b>Exercise online</b>	<b>10 Today</b> – Short ten-minute routines to get people stretching and moving. Includes both online videos and daily radio shows (with recordings captured online).  <b>Sitting Exercises</b> - These exercises in sitting (from the NHS) improve mobility and lower limb strength which helps with feeling more steady to move onto standing exercises.  <b>Flexibility Exercises</b> – These home exercises help to improve mobility.  <b>Balance exercises</b> – Simple home exercises to improve steadiness with walking and moving.  <b>Strength exercises</b> – Home exercises to improve lower limb strength.	<a href="#">WEBSITE</a>  <a href="#">WEBSITE</a>  <a href="#">WEBSITE</a>  <a href="#">WEBSITE</a>

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<b>Brighton and Hove Healthwalks</b>	Following the easing of some coronavirus restrictions, Healthwalks resume across the city. All walks follow Covid safety guidelines. If you would like to join, download and complete the registration form on their website and email it to the address specified.	<a href="#">WEBSITE</a> <a href="#">FACEBOOK</a> <b>01273 294589</b>
<b>Rosaria Gracia Dance and Exercise classes</b>	Offering some free and some paid online classes.	<a href="#">WEBSITE</a>
<b>King Alfred Leisure Centre</b>	All leisure centres are open with Covid safety measures in place. There's no need to book swimming sessions anymore, as drop-in sessions are available. Check their website for timetables and more information.	<a href="#">WEBSITE</a> <b>01273 290 290</b>
<b>Reconnect at Moulsecroomb Community Leisure Centre</b>	As lockdown is easing and we are all able to meet up again, the aim of these sessions is to give people in the local community a chance to reconnect, whilst reflecting on the last year and the impact it has had on us all. Moving forward, the sessions will be very much member-led and flexible to the individual - there will be a chance to get moving and join in some gentle exercises, including chair-based exercises, but if you want to just come along to socialise, then please do. It's every Monday 10.30am – 12.30pm for £1.75 including your tea or coffee. The Centre has free parking, disabled facilities and a lift. Any questions, give them a call before going along.	<a href="#">HOMEPAGE</a> <b>01237 622266</b>
<b>Standing Tall</b>	The Zoom classes are run by qualified physiotherapists designed to reduce the risk of falling and to keep up or improve fitness, balance and strength. If you're aged 65 or over, phone for details or visit their website.	<a href="#">WEBSITE</a> <b>Julie: 07736 122941</b> <b>Ruth: 07399 993426</b>
<b>Exercise for All</b>	Offering online Pilates classes catering for different abilities. To join in, send a message through the Contact tab on website.	<a href="#">WEBSITE</a>
<b>Possibility People – Exercise classes</b>	Possibility People are running gentle Zoom exercise classes called Steady & Strong every Tuesday at 2pm. They are designed to build strength and balance, require no equipment (other than a chair) and have no floor work. Sign up to the course through eventbrite. Alternatively, you can watch their Steady and Strong <a href="#">Youtube clips</a> any time. They also offer a <a href="#">list</a> of exercises and cultural activities you can do at home.	<a href="#">SIGN UP</a> <a href="#">HOMEPAGE</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> <a href="#">HOMEPAGE</a>



	<b>ROSPA Falls Prevention Hub</b>	Offering information on falls prevention, including information and videos of strength and balance exercises.	<a href="#">WEBSITE</a>
	<b>Silver Swans Ballet Classes Online</b>	Free online ballet exercise classes, designed to get the older generation moving to the music at home.	<a href="#">WEBSITE</a>
<b>Groups, Activities &amp; Entertainment</b>	<b>Impact Initiatives and Ageing Well Activity Packs</b>	Activity Packs are being made fortnightly, containing lots of different activities, cookery tips and things to do – there is something for everyone! Send an email if you would like to be added to the mailing list to be emailed these packs each week.	<a href="#">ACTIVITY PACK</a> <a href="#">EMAIL</a>
		<b>The Hop 50+</b>	Bookings for their lunchtime sittings are back open with slots from 11am-1pm OR from 1.30pm-3.30pm. They are able to welcome up to 12 people into the Café at any one time. Call their office to book your lunch.  Online exercise classes, quizzes, singing and lots of other activities online. There is also a Facebook page which is full of puzzles, conundrums and chat to keep us all busy during this time! You do not have to have gone to the Hop before to be able to join the group.
	<b>Brighton &amp; Hove Libraries</b>	Although Covid restrictions remain in place, library opening hours have increased from 21 June: <u>Jubilee Library</u> is now open 7 days a week: 10am to 5pm Monday to Saturday, 11am to 5pm Sunday <u>Hove Library</u> 6 days a week: 10am to 5pm Monday to Saturday  <ul style="list-style-type: none"> <li>• Community libraries are open with a mix of staffed days and Libraries Extra access. See <a href="#">Library services available during COVID-19 (brighton-hove.gov.uk)</a> for more details.</li> <li>• All our libraries close at 5pm until further notice.</li> <li>• Tables and chairs no longer require booking.</li> <li>• The temporary Order and Collect service is no longer running, but items can be reserved as usual.</li> <li>• <a href="#">Our digital services continue to be available</a>. There are many eBooks, eAudiobooks, eNewspapers, eMagazines, eComics and online activities you can enjoy for free.</li> </ul>	<a href="#">WEBSITE</a>  <b>01273 290 800</b>  <a href="#">EMAIL</a>



<b>Listening Books</b>	Audiobook lending service providing postal and internet-based audiobooks to anyone who has a disability or illness that impacts their ability to read the printed word. Annual membership costs between £20 and £45. <a href="#">Free membership</a> is available to people who would benefit from this service but don't have the financial means to access it.	<a href="#">WEBSITE</a> <b>020 7234 0522</b> <a href="#">EMAIL</a>
<b>The Social Distancing Festival</b>	The Social Distancing Festival is an online community made to celebrate and showcase the work of many artists around the world who have been affected by the need for social distancing.	<a href="#">WEBSITE</a>
<b>Age UK WSBH</b>	Age UK centers are open and there is a new activities-timetable from 19 <sup>th</sup> May onwards. Additionally, you can find useful tips on how to look after yourself at home (including a new spring activity pack) on their <a href="#">homepage</a> .	<a href="#">HOMEPAGE</a> <b>01903 731800</b> <a href="#">EMAIL</a>
<b>Art Club</b>	Every two weeks Age UK WSBH's art club will continue to send out a project by email to subscribers with a rough guide for completing a lovely art piece. Once subscribers have completed their work, they can take a picture and send it back. Age UK WSBH we will collate a gallery to share with the group. Find out more <a href="#">here</a> .	<a href="#">EMAIL ART CLUB</a>
<b>Evolution Arts</b>	Lots of different courses, workshops and yoga classes – online, outdoors and in person.	<a href="#">WEBSITE</a> <a href="#">TIMETABLE</a>
<b>Hangleton and Knoll</b>	The H and K 50+ Steering Group's list of community groups and activities offers a range of online, face to face and social experiences for older people. Click the web link for the latest list of what is on. We also offer a range of activities for older people from multi-cultural communities.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>07422692845</b> <b>01273 410858</b>
<b>Phoenix Art Space</b>	Phoenix Art Space offers a full programme of exhibitions, events, arts courses and community engagement. Find their spring/summer timetable <a href="#">here</a> .	<a href="#">WEBSITE</a>
<b>Open University</b>	Free online education courses.	<a href="#">WEBSITE</a>
<b>National Open Garden Scheme</b>	Take a virtual stroll around some of the country's most beautiful gardens.	<a href="#">WEBSITE</a>
<b>Brighton Mindfulness Centre</b>	Free 8-week online course on mindfulness and meditation.	<a href="#">WEBSITE</a>
<b>MovingSounds</b>	This community of professional facilitators have put together this list of their best music	<a href="#">WEBSITE</a>



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	and movement videos for your entertainment.	
<b>Belltree Music CIC</b>	Offering fantastic free music making videos for Wellbeing and Mental Health online	<a href="#">WEBSITE</a>
<b>ChatterPack</b>	A list of free, online, boredom-busting resources.	<a href="#">WEBSITE</a>
<b>Online Sudoku</b>	Free Sudoku games online.	<a href="#">WEBSITE</a>
<b>Grace Eyre's group for learning disabilities</b>	A Facebook group for people with learning disabilities to connect with each other.	<a href="#">FACEBOOK GROUP</a>
<b>Online Scrabble</b>	Free scrabble games online.	<a href="#">WEBSITE</a>
<b>Free knitting patterns online</b>	Explore a wide range of free knitting patterns.	<a href="#">WEBSITE</a>
<b>Lifelines</b>	Led by volunteers, people can take part in group activities online, over the phone or even by post. Sessions range from various online exercise classes, over-the-phone coffee mornings to reading groups, quizzes, and more.	<a href="#">TIMETABLE</a> <b>01273 688 117</b> <a href="#">EMAIL</a>
<b>Brighton Natural Health Centre</b>	Yoga, pilates and movement classes, as well as free guided relaxation sessions – online or in the studio.	<a href="#">TIMETABLE</a>
<b>Cornerstone Community Centre</b>	Cornerstone is a safe, welcoming and inclusive community space offering low cost rooms, classes, groups and activities to the people of Brighton and Hove. Various group sessions resuming their face-to-face services, From support groups to yoga classes. Check out their timetable.	<a href="#">HOMEPAGE</a> <a href="#">TIMETABLE</a> <a href="#">EMAIL</a>
<b>WEA Adult Learning</b>	Offering a selection of free online courses and taster sessions in a variety of subjects, as well as their new spring exercise classes titled 'Healthy Body'. Enrol on their website or give them a call. They're also hosting a ' <a href="#">Celebrating Diversity Festival</a> ' throughout May with several online talks and workshops to enrol in.	<a href="#">WEBSITE</a> <a href="#">FACEBOOK</a> <b>0300 303 3463</b>
<b>Online tours of museums</b>	Stuck at home? These 12 famous museums offer virtual tours you can take on your couch.	<a href="#">WEBSITE</a>
<b>Sing for Better Health</b>	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.	<a href="#">WEBSITE</a>

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<b>Sofa Singers</b>	The Sofa Singers is a free, weekly online singing event from James Sills that brings hundreds of people together from around the world to spark joy and human connection.	<a href="#">WEBSITE</a>
<b>Carers Zoom Coffee and Chat</b>	While we are still all social distancing, the Carers Hub is hosting a new weekly online meeting for all carers via Zoom on Wednesdays at 10.30am. This is a bookable event and is open to all unpaid family/friend carers in Brighton & Hove.	<a href="#">WEBSITE</a> <b>01273 977 000</b>
<b>LGBTQI+ Carers Group</b>	LGBT+ carers group on Zoom run by the Carers Hub. The group will meet fortnightly and hopefully face-to-face events will resume once it's safe enough to do so. Email Louisa Marchant for more information.	<a href="#">EMAIL</a>
<b>Switchboard Older People's Project</b>	For LGBTQ people aged 50+ looking for a sense of community, support or information. Currently, they offer two Zoom groups on the 1st and 3rd Wednesday of each month at 11am - 12.30pm. They've also started small group activities to reconnect face-to-face, starting with the Breakfast Club Drop-In on 16 <sup>th</sup> June. Please contact Helen Bashford for more information or to receive their monthly newsletter with their activities timetable.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <b>01273 234009</b>
<b>The Rainbow Café</b>	The Rainbow Café is for LGBTQ people living with dementia or concerned about memory loss. They are currently offering telephone and online support throughout lockdown. The project co-ordinator John can be contacted by people from the LGBTQ+ community affected by dementia to discuss their individual needs.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a>
<b>BHFP – Cooking with Confidence</b>	An online group to share tips and video tutorials of BHFP's favourite recipes, plus information about core cookery skills, healthy eating, budget cookery and lots more.	<a href="#">FACEBOOK GROUP</a>
<b>BHFP – Dementia Friendly Gardening Group</b>	BHFP are offering a weekly supportive gardening group to help improve wellbeing, get outdoors and take time to notice nature. No gardening experience or knowledge is required. Participants may attend alongside a family member, friend or carer if needed. Starting on Monday 21 <sup>st</sup> June, 2-4pm for 10 weeks.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a> <a href="#">SIGN UP HERE</a>
<b>PLOT 22</b>	Based in Hove, they offer dementia-friendly gardening sessions for people living with dementia, their carers and companions in person or on Zoom. Get in touch with Charlotte to find out more. They also host other therapeutic activities in their easily accessible outdoor venue and retreat space.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a>



<b>Brighton &amp; Hove Organic Gardening Group</b>	BHOGG are opening up their allotment again for their Sunday morning gardening sessions 10.30am – 2pm. Social distancing measures will be in place at all times and own gardening gloves are required.	<a href="#">HOMEPAGE</a> <a href="#">EMAIL</a> <a href="#">OTHER EVENTS</a>
<b>Fabrica – Going to See Culture Together</b>	<a href="#">Going to See Culture Together</a> is a monthly event that brings older people together to discover new places, people and explore art in the city, led by arts facilitator Jonathan Quarterman. They also offer loads other workshops and events in person or online. Go to their <a href="#">homepage</a> for more information.	<a href="#">WEBSITE</a> <a href="#">BOOK ONLINE</a>
<b>The Lowry's Creative Hub</b>	The Lowry have created an online resource space for people of all ages, with activities divided into broad age ranges, then listing options that cover dance, drama, creative writing, wellbeing and visual arts PDF's or Videos. There is a subsection with activities for older people.	<a href="#">WEBSITE</a>
<b>Community Base Online Event Calendar</b>	Check it out to see what is going on, or if you are running an event, add yours to the calendar for free.	<a href="#">CALENDAR</a>
<b>U3A</b>	Here you will find many ideas to keep learning during these times - a mixture of suggestions from members, quizzes, challenges and projects from the U3A's subject adviser volunteers.	<a href="#">WhEBSITE</a>
<b>RNIB Connect Radio</b>	Listen to RNIB's Connect Radio for books, yoga sessions adapted for people who are blind and partially sighted, news updates, tech talk and specialist music shows.	<a href="#">WEBSITE</a>
<b>Strike A Light – Arts &amp; Heritage CIC</b>	Creative and heritage activities exploring memories and archive material. Strike A Light focus on exploring people's life stories and local memories through exhibitions, books, reminiscence and oral history, heritage, arts and crafts, and more.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a>
<b>Hear Us Out</b>	Hear Us Out is a participatory arts project run by <a href="#">New Writing South</a> celebrating older LGBTQ+ people's real-life stories. In 2021, Hear Us Out will be offering more storytelling and performance opportunities alongside two new book clubs between March and May. The project is primarily aimed at LGBTQ+ people over the age of 50 but anyone in the LGBTQ+ community will be welcome to join any of the project's five online activities.	<a href="#">WEBSITE</a> <a href="#">EVENTS</a>
<b>The Baring Foundation – Treasury of Arts</b>	The Baring Foundation have put together an exciting pack of 50 long and short activities called 'The treasury of arts for Older People' for use in any setting with older people.	<a href="#">WEBSITE</a>



	<b>Tower House &amp; Memory Cafe</b>	The aim is to build friendships and community at Tower House. They are open 3 days a week 12-2pm: Tuesdays for their Memory Café for people with dementia, and Wednesday and Thursdays for art sessions led by qualified practitioners. It's not a drop-in centre but they take referrals from yourselves, care navigators, GPs and friends/family. To make sure everybody is continuing to feel safe, guests are asked to have had 2 vaccinations (plus 21 days) and to wear their masks as much as possible. Get in touch via email or call them.	<a href="#">HOMEPAGE</a> <a href="#">CONTACT EMAIL</a> <b>0127354 9604</b>
	<b>Exploring Senses – Digital Aged Arts Club</b>	Free weekly online Zoom arts activity for older people Thursdays between 3:30pm-5pm. You don't need to be an artist to join the Club. This is a social space for people to socialise, make art and share conversations. You can choose the arts or crafts activity you participate in during the session or you can take part in a chosen group activity.	<b>07825 371559</b> <a href="#">FACEBOOK GROUP</a> <a href="#">EMAIL</a>
<b>Befriending</b>	<b>Time To Talk Befriending</b>	Time To Talk Befriending are offering befriending support via telephone at this time.	<a href="#">WEBSITE</a> <b>01273 737710</b>
	<b>The Silver Line</b>	A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Their specially trained team can offer information, regular friendship calls and advice, as well as protect and support older people who are suffering abuse and neglect.	<a href="#">WEBSITE</a> <b>0800 4 70 80 90</b>
	<b>Hangleton &amp; Knoll Project</b>	HKP offer telephone befriending from local volunteers; signposting to community groups and activities; and IT support to our older residents.  HKP also offer a monthly face to face Tea, Chat and Friendship group in partnership with <b>Together Co Befriending</b> . To book a place 01273 775888 or email: <a href="mailto:befriending@togetherco.org.uk">befriending@togetherco.org.uk</a>	<a href="#">WEBSITE</a> <b>01273 410858</b> <a href="#">EMAIL</a> <b>07422692845</b>
	<b>Independent Age</b>	Independent Age offers telephone befriending.	<a href="#">WEBSITE</a> <b>0800 319 6789</b>
	<b>Aphasia Befriending Service</b>	Offering befriending of those who have had a stroke with those who have Aphasia. Offering people living with stroke and communication difficulties after stroke the chance to talk with someone who understands what they are going through, and has been trained to do so.	<a href="#">WEBSITE</a> <b>01273 242271</b> <a href="#">EMAIL</a>



	<b>Reengage</b>	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.	<a href="#">WEBSITE</a> <b>0800 716543</b>
<b>Carers</b>	<b>Agespace</b>	A group for people supporting elderly relatives at risk of Coronavirus. A chance to meet others (virtually) in the same position, ask questions and share your experience.	<a href="#">WEBSITE</a>
	<b>Brighton &amp; Hove Council</b>	Advice for anyone who is looking after a relative or a friend with a health problem. If they need to go into hospital or a care home, or need extra care at home in the next few months, this information will help you to know what to expect, and to prepare for the new environment.	<a href="#">WEBSITE</a>
	<b>Carers Centre</b>	Providing family Carers with emotional support, advice and a well-deserved break from their caring role.	<a href="#">WEBSITE</a> <b>01273 746 222</b> <a href="#">EMAIL</a>
	<b>Carers UK</b>	General Coronavirus Information.  A-Z of changes to benefits, assessments and support for carers during Covid-19.	<a href="#">WEBSITE</a>  <a href="#">WEBSITE</a>
	<b>Carers Information and Support Programme (CrISP)</b>	Provides support and relevant information in a group environment for those caring for someone with dementia. The programme is run in a series of sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation.	<a href="#">WEBSITE</a> <b>01202 458204</b> <a href="#">EMAIL</a>
<b>Mental Health</b>	<b>If you are experiencing a mental health crisis and need urgent support, call 999 or contact your local Emergency Department / A&amp;E</b>		
	<b>Every Mind Matters help and support (NHS)</b>	If you are worried about Coronavirus or how staying at home may affect your mental health, this website could help.	<a href="#">WEBSITE</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>	The Mental Health Rapid Response Service (MHRRS) is 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>MIND Brighton &amp; Hove</b>	<p>Their mental health advice and information service remains open during lockdown offering advice, support and information via both telephone and email. This includes information on:</p> <ul style="list-style-type: none"><li>• Mental health and social support services, local and national.</li><li>• Mental health conditions, symptoms, treatments and self-management.</li><li>• Self-care and general wellbeing techniques.</li></ul>	<p><a href="#">WEBSITE</a></p> <p><b>01273 666 950</b> Mon – Fri: 9am - 5pm</p> <p><a href="#">EMAIL</a></p>
<b>Community Roots</b>	<p>Community Roots are a network of local services committed to supporting good mental health and wellbeing in Brighton &amp; Hove.</p> <p>If you need support, or know somebody that does, please call and we will help you navigate and access services.</p>	<p><a href="#">WEBSITE</a></p> <p><b>0808 196 1768</b> (Freephone) Mon – Fri: 9am - 5pm</p>
<b>Sussex Mental Healthline</b>	<p>People across Sussex struggling with their mental health during the coronavirus (COVID-19) outbreak are being offered additional telephone and crisis support to help them cope. Sussex Partnership NHS Foundation Trust has expanded the healthline to provide a 24/7 service to people needing urgent help with their mental health.</p>	<p><a href="#">WEBSITE</a></p> <p><b>0300 5000 101</b></p>
<b>SHOUT</b>	<p>If you would rather text than speak to someone on the phone. Whether anxious, worried or stressed, you can get help from their team 24 hours a day, 7 days a week.</p>	<p><a href="#">WEBSITE</a></p> <p><b>85258</b></p>
<b>Penny Appeal</b>	<p>Penny Appeal's Listening Line is a confidential, freephone helpline for adults aged 18+ providing national coverage, to those who find themselves increasingly worried about COVID-19 and how it may affect their daily lives.</p>	<p>Freephone: <b>0300 303 1360</b> Mon – Sun: 12pm – 8pm</p>
<b>Side by Side</b>	<p>Side by Side is Mind's online community (formerly known as Elefriends) where you can connect with others over shared experiences. It is open to anybody who has an experience of mental health problems, or is closely connected to someone that has.</p>	<p><a href="#">WEBSITE</a></p>
<b>Grow</b>	<p>Grow is a charity based in Brighton that uses 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.</p>	<p><a href="#">WEBSITE</a></p> <p><b>07557 501557</b></p>
<b>Homenauts</b>	<p>Free resources for better mental health.</p>	<p><a href="#">WEBSITE</a></p>
<b>Mind National</b>	<p>MIND provide advice and support to anyone experiencing mental health problems.</p>	<p><a href="#">WEBSITE</a></p> <p><b>0300 123 3393</b></p>



			Text 86463 <a href="#">EMAIL</a>
	<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.	<a href="#">WEBSITE</a> 03444 775 774 <a href="#">EMAIL</a>
	<b>Staying Well Space (SWS)</b>	Out-of-hours mental health crisis prevention service, provided at Preston Park Recovery Centre in Brighton. Open 7 days a week, 365 days a year, the Staying Well service provides psychosocial support and crisis prevention planning. Currently offering a blend of telephone support, and face-to-face support whilst adhering to PPE (Personal Protective Equipment) measures.	<a href="#">WEBSITE</a> 0800 023 6475 option #3 Mon - Fri: 5:30pm – 10:30pm Sat - Sun: 3:30pm – 10:30pm <a href="#">EMAIL</a>
	<b>Mental Health Foundation</b>	Guidance on how to look after your mental health during the coronavirus outbreak.	<a href="#">WEBSITE</a>
	<b>SANE</b>	Open 4.30pm-10.30pm For to anyone affected by mental illness, including family, friends and carers.	<a href="#">WEBSITE</a> 0300 304 7000
<b>Dementia</b>	<b>Ageing Well – Early Interventions for People Living with Dementia</b>	As part of our single point of contact (SPOC) service, we now offer signposting for those in the early stages of dementia. This includes for anyone who suspects they may have dementia or for those looking for groups and activities in the city.	07770 061072 Mon – Fri: 9am – 5pm
	<b>Age Space</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>Alzheimer's Society</b>	Alzheimer's Society Brighton & Hove service is open Monday to Friday for advice, support and information. You can also call the national Dementia Connect Support Line for support on a range of issues and to be connected to local services. Alzheimer's Society have produced guidance to help people with dementia and their carers stay safe during the coronavirus pandemic.	Brighton & Hove: 01273 726 266  Dementia Connect: <a href="#">WEBSITE</a> 0333 150 3456  <a href="#">WEBSITE</a>
	<b>Health Innovation Network</b>	Resource with lots of activities to do at home with the person you care for, including a video to help understand the needs of people living with dementia during the Covid-19 pandemic and an Activities Guide to signpost you to excellent activities.	<a href="#">WEBSITE</a>



	<b>Time to Talk Befriending</b>	Working with experts in the field of dementia, this service offers a range of workshops and opportunities for volunteers to benefit from, including a new concept called 'Use Your Marbles' to benefit people living with dementia and the volunteers that are matched with them.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a>
	<b>Brighton &amp; Hove Music for Connection (former Open Strings)</b>	Brighton & Hove Music for Connection (formerly Open Strings) are offering their wonderful musical activities online for everyone, including people living with dementia and their carers. Please contact them for more information.	<a href="#">WEBSITE</a> <b>01273 569 096</b> <a href="#">Anna's Email</a> <a href="#">Isabel's Email</a>
	<b>Plot 22</b>	Offering the opportunity to be with nature in community. A range of sessions available including Dementia Inclusive Gardening, Women only, families with children and adults only. Please get in touch for more information, booking essential.	<a href="#">WEBSITE</a> <b>07717 467 862</b> <a href="#">CONTACT ONLINE</a>
	<b>Dementia Friendly Food Project</b>	Currently offering socially distanced visits at home for those living with dementia. The friendly, outdoor visits are adapted to suit the individual's situation and where possible they will help with some gentle gardening.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a>
	<b>3 Nations Dementia Working Group</b>	A working group of people living with dementia creating a network of voices on dementia who can lead on regional projects.  Events page offers videos of past webinars for people affected by dementia.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a>  <a href="#">EVENTS</a>
	<b>Dementia Adventure</b>	Online dementia skills sessions for family and carers of people living with dementia.	<a href="#">WEBSITE</a> <b>01245 237548</b> <a href="#">EMAIL</a>
<b>Digital Help</b>	<b>Digital Unite</b>	<b>Over 400</b> how-to guides covers a whole host of digital topics including online shopping, social networking, health & fitness and music.	<a href="#">WEBSITE</a> <b>0800 048 7642</b>
	<b>AbilityNet</b>	Free IT support at home over the phone or online.	<a href="#">WEBSITE</a> <b>0800 048 7642</b>
	<b>BBC Guide: How to video-call your family</b>	Step-by-step guide from BBC: How to video-call your family.	<a href="#">WEBSITE</a>
	<b>Learn My Way</b>	Free courses (online) to learn different digital skills to stay safe and connected.	<a href="#">WEBSITE</a>
	<b>Age UK WSBH – Techno Team</b>	AUKWSBH's Techno Team is a group of friendly and experienced volunteers who offer a free telephone service to help you to learn and improve your IT skills. For	<a href="#">WEBSITE</a> <b>01903 731800</b>



		beginners and those with computer experience.	<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="#">EMAIL</a> <b>07422 665761</b>
	<b>Digital Brighton &amp; Hove</b>	Offering resources, information and digital support, including matching up volunteers with people needing digital help. Digital B&H have some internet-connected tablets all set up and ready loan to vulnerable people with no internet access. Please complete the referral form if you know a vulnerable person who could benefit from this.	<a href="#">WEBSITE</a> Digital Helpline: <b>07475 946084</b> <a href="#">REFERRAL FORM</a>
	<b>Ageing Well: How to Create an Email Address</b>	For those who have internet access and can watch videos on Youtube, here is a tutorial on how to create an email address.	<a href="#">YOUTUBE</a>
	<b>Deafcog</b>	How-to videos for downloading and using Zoom, with BSL narration.	<a href="#">WEBSITE</a>
<b>Support with obtaining equipment</b>	<b>Wavelength</b>	Supports organisations helping people who are lonely and isolated, by giving free TVs, tablets, and radios. This technology is often used in communal spaces or as part of specific projects.	<a href="#">WEBSITE</a>
	<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>0330 332 1110</b>
	<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>LGBTQ+ Services</b>	<b>LGBT Switchboard</b>	If you could use a friendly chat with another LGBTQ person, please call Switchboard helpline.
<b>Directory of Services</b>		During the COVID-19 Pandemic, many LGBTQ service providers have made significant changes to their services. This directory lists those changes.	<a href="#">WEBSITE</a> <a href="#">EMAIL</a> <a href="#">WEB CHAT</a> <a href="#">DIRECTORY</a>





	<b>MindOut</b>	LGBTQ mental health service. They have an online support service, running at varying times every day - check out their website for more details on this.	<a href="#">WEBSITE</a> <b>01273 234 839</b> <a href="#">EMAIL</a>
	<b>Galop</b>	LGBT+ anti-violence charity. Resources include: <a href="#">TRANS RESILIENCE IN ISOLATION GUIDE</a>	<a href="#">WEBSITE</a> <b>0800 999 5428</b> <a href="#">EMAIL</a> <a href="#">REFER ONLINE</a>
<b>Domestic Violence</b>	<b>The Portal</b>	RISE is a Sussex-based charity that supports people affected by domestic abuse and violence. If you need support from RISE or are worried about a friend you can call their helpline.  <a href="#">STAYING SAFE AT HOME</a>	<a href="#">WEBSITE</a> <b>01273 622 828</b> Mon - Tues: <i>9am – 5pm</i> Wed: <i>9am – 8pm</i> Thurs – Fri: <i>9am – 5pm</i>
	<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 domestic abuse helpline. Help and support for women facing domestic abuse.	<a href="#">WEBSITE</a> <b>0808 2000 247</b>
	<b>Respect - Men's Advice Line</b>	A helpline service for male domestic abuse survivors.	<a href="#">WEBSITE</a> <b>0808 801 0327</b>
	<b>National LGBT+ Domestic Abuse Helpline</b>	Emotional and practical support for LGBT+ people experiencing domestic abuse run by Galop, the LGBT+ anti-violence charity.	<a href="#">WEBSITE</a> <b>0800 999 5428</b> <a href="#">EMAIL</a>
<b>Elder Abuse</b>	<b>Hourglass</b>	UK wide charity promoting safer ageing and stopping abuse. The free and confidential national Helpline provides information and support to anyone concerned about the harm, abuse or exploitation of an older person.	<a href="#">WEBSITE</a> <b>0808 808 8141</b>  <b>07508 823975</b> (Sussex contact Gail Shanahan)
<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>		
<b>Bereavement services</b>	<b>Cruse</b>	Offering support to bereaved people and have specialist support to those dealing with bereavement because coronavirus-related loss.	<a href="#">WEBSITE</a> <b>0808 808 1677</b>
	<b>Sussex Bereavement Helpline</b>	The Sussex Bereavement Helpline has been set up to provide you with information and guidance, and is run by a team of experienced support workers, who can talk to you about the tasks to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about other support for	<b>0300 111 2141</b>  Mon – Fri: <i>8am – 5pm</i>



		you and your family and friends as you grieve.	
	<b>At A Loss</b>	A signpost website for the bereaved, directing the bereaved and those supporting them to information and services appropriate to their loss.	<a href="#">WEBSITE</a>
	<b>Sudden</b>	Offering sudden bereavement support, aiming to help people during the first ten weeks following a sudden bereavement. Due to current high demand, they are not able to accept any new cases in April. However, they do provide online resources on their homepage for people who suffered sudden loss.	<a href="#">WEBSITE</a> <b>0800 2600 400</b> Mon – Fri: 10am – 4pm
	<b>Sussex Health and Care Partnership</b>	Information and guidance from experienced support workers who can talk to you about the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about other sources of support for you, your family and friends as you grieve.	<b>0300 111 2141</b> Mon – Fri: 8am – 5pm <a href="#">WEBSITE</a>
	<b>NHS</b>	Online advice and guidance on ways to cope with bereavement.	<a href="#">WEBSITE</a>
<b>Refugees, Asylum Seekers</b>	<b>Voices In Exile</b>	Supporting refugees, asylum seekers and those with no recourse to public funds. Do you have 'limited leave to remain' (LTR) with 'no recourse to public funds' (NRPF)? Have you recently lost your job or part of your income because of Covid-19? If so, you can get free legal advice on removing the NRPF condition so you can claim benefits.	<a href="#">WEBSITE</a> <b>01273 082105</b> Tue: 1:30pm – 3:30pm Thurs: 2pm – 4pm Fri: 11am – 1pm <a href="#">EMAIL</a>
	<b>Afghanistan and Central Asian Association</b>	This organisation offers telephone advice services/interpretation and other support for migrants and refugee. Based in London but able to support people outside London, including those in Sussex.	<a href="#">WEBSITE</a> <b>0750 877 3336</b> Mon – Fri: 9am – 1pm <a href="#">EMAIL</a>
<b>Miscellaneous</b>	<b>Cinnamon Trust</b>	The National Charity for the elderly, the ill and their pets. Peace of mind and practical help for people – love, care and safety for pets. They can offer dog walking for people aged 65+.	<a href="#">WEBSITE</a> <b>01736 757 900</b>
	<b>The Essential Household item Sussex Relief Scheme</b>	Now!Charity are able to supply beds, white goods such as fridges, freezers and washing machines, small appliances such as microwaves and toasters, miscellaneous essential household items such as utensil packs to people in need living in Sussex. Please note it is only one item per	<a href="#">WEBSITE</a> <a href="#">EMAIL</a>



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household, and this doesn't include installation. Because of social distancing all deliveries will be left on the doorstep. Requests are open from 20<sup>th</sup> April.

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**Financial and Home Safety Advice**

**Understanding Universal Credit**

This page provides information about coronavirus and claiming benefits.

[WEBSITE](#)

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**Moneyworks**

This is a partnership of local charities which supports residents with financial issues and is free to use. Their website also contains a useful directory of trusted online information around finances.

[WEBSITE](#)

**0800 9887 037**  
**01273 809 288**

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**Money Advice Plus**

Money Advice Plus provide money and debt advice services, including casework, by phone to people who have money and debt difficulties.

[WEBSITE](#)

**01273 664 000**  
[EMAIL](#)

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**Post Office Card Account Holders**

If you can't get to a Post Office branch or a Post Office ATM on a regular basis, you can nominate a helper known as a 'Permanent Agent' to have access to your account. Ensure this is someone you trust completely, as they will have full access to your account with their own card and PIN. To do this, get a '*Permanent Agent Access Form P6163*' available at your local Post Office or telephone. Only one helper can have access to your account at any one time and they must be at least 16 years old. A Permanent Agent will not be able to administer your account, if you need someone to do this you may want to consider taking out a Power of Attorney and then follow the steps on this [website](#).

[WEBSITE](#)

**03457 22 33 44**

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**Having other people withdraw money from your bank account using the Post Office.**

Self-isolating or vulnerable citizens can now contact their bank and arrange to withdraw cash quickly from their normal accounts through any local Post Office branch, with the help of a friend, family member, carer or local support worker. Please note that not all banks are participating.

[WEBSITE](#)



**Southern Water - Priority Services Register**

A register to ensure those most in need are always catered for. For example, the register will let Southern Water know who to prioritise if water or wastewater services fail.

You can register yourself – or apply on behalf of others in your family:

You can register if you have:

- Physical or mental health challenges
- A medical conditions requiring a constant supply of water
- Difficulty communicating
- Reached pensionable age
- Another reason you need a little help

[REGISTRATION FORM](#)

**East Sussex Fire and Rescue Service**

Are now carrying out special assessments over the phone where they can talk to you about the fire risk in your home.

[WEBSITE](#)

**0800 177 7069**

**Brighton and Hove Independent Mediation Service (BHIMS) - Homeless Prevention Service**

Relationship breakdown is a major cause of homelessness in Brighton and Hove. If you are concerned about your situation, BHIMS can provide mediation or one-to-one support. This service is free of charge to anyone living in Brighton and Hove whose housing may be at risk because of conflict.

[WEBSITE](#)

**01273 700812**

[EMAIL](#)

**Local Energy Advice Partnership**

LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. Check out their website for more information on how they can help.

[WEBSITE](#)

**0800 060 7567**

[EMAIL](#)

**BHESCo**

BHESCo will continue to provide free heating and energy bill support to the local community throughout the year including help with finding a cheaper energy tariff, applying for the £140 Warm Home Discount and general advice on reducing energy costs. Referrals can be made by phone or email.

[WEBSITE](#)

**01273 284472**

[EMAIL](#)

**Keeping safe from scams**

Sadly, during these uncertain and difficult times there are unscrupulous traders and scammers who are using the pandemic situation for their own benefit. If you would like more information about keeping safe online please look at this website which explains how to keep safe online: [www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security](http://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security). Which? also developed a useful scam protection toolkit with examples of typical scams and common warning signs. You can find the whole report [here](#).

**The council are aware of the following taking place around the country and some incidents in the city:**

- Texts or phone calls requesting bank details in order to receive a COVID-19 vaccine



- Offers to help with shopping but then taking money and never returning
- Spray cleaning driveways to clear bacteria
- Posing as door to door testers
- Sale of facemasks and or hand sanitisers
- HMRC tax refund fraud
- Overpricing

### **Bogus callers to your home**

Take 5 steps to reduce your risk of becoming a victim:

1. **If you're not sure who is at your door, don't open it.** If you have a door chain put it on before opening the door or speak to the caller through a closed door.
2. **Check the identity of the caller.** A genuine caller will happily wait outside while you check their identity and by calling their organisation they are claim to be from. Don't use any telephone numbers provided by the caller as they may be bogus.
3. **Call a neighbour or friend to assist.** If you are still concerned, telephone a neighbour or friend nearby to come along and check out the caller before you open the door to them
4. **Caution.** Never let anyone in your house unless they are someone you know and trust. It's ok to say No and tell them to leave.
5. **Keep doors locked and windows secure at all times.**

**Report.** If you suspect a bogus caller has visited you, even if you didn't let them in, call the Police straight away on 101 or on 999 if you believe a crime to be taking place.

### **Prepaid electricity**

#### **How can I top up my prepayment meter if I am self-isolating?**

**You should tell your supplier straightaway, if you can't top up your meter. This includes if you are ill with coronavirus or following guidance to stay at home and self-isolate, and if you don't have anyone to help you. Customers with prepayment meters who are self-isolating or unable to leave their home can now speak to their supplier on the options. This may include:**

- someone being sent to top up your prepayment card or token
- having funds added to your meter credit
- having a preloaded gas or electricity card sent to you in the post

If your meter is outside, it may be helpful for you to leave your meter box unlocked, if it's safe to do so, and if you need someone else to top it up. You may also want to arrange for a trusted person to take your top-up card to the shop if needed.

If you have a non-urgent question for your energy supplier, please first check their online and mobile advice if you are able to. Most are regularly updating supporting service information and frequently asked questions relating to the coronavirus national emergency through these channels, as well as via contact centres. This will help ensure the most vulnerable can get through to contact centres to get the help they need. If you are a smart meter customer, you should be able to top-up remotely, such as by phone, mobile application or online.

Citizens Advice has published more detailed online advice for [prepayment customers](#). You can also their helpline on 08082 78 78 15. Calls are free. If you feel overwhelmed, or are unable to deal with your supplier on your own because of personal circumstances, the helpline may also be able to refer you to the Citizens Advice Extra Help Unit. Learn more at: <https://ehu.org.uk/>

### **Banks**

#### **RBS**

Dedicated support line for customers over 70 or those in isolation, and a separate service for NHS workers. **0800 051 4177**



<b>Natwest</b>	Dedicated support line for customers over 70 or those in isolation, and a separate service for NHS workers.	<b>0800 051 4176</b> Mon – Sun: 8am – 8pm
<b>Santander</b>	If you're a vulnerable customer with a unique situation and urgently need help, please call the dedicated helpline. Please only use this number if you need emergency support and can't contact them online. Lines are open Monday-Friday 9am-5pm and Saturday 9am-4pm	Vulnerable Customer Helpline: <b>0800 015 6382</b>  General number: <b>0800 9 123 123</b>
<b>Barclays</b>		<b>03457 345 345</b>
<b>HSBC</b>	Vulnerable customers who contact the bank may be referred to a specialist support team.	<b>03457 404 404</b>
<b>TSB</b>		<b>03459 758 758</b>
<b>Metro Bank</b>	Monday to Friday from 8am to 9 am for vulnerable customers and over 70s only.	<b>0345 08 08 500</b>
<b>Lloyds</b>	New service for over-70s, vulnerable and NHS workers to offer support to those who need it most.	<b>0345 072 5555</b>
<b>Halifax</b>	New service for over-70s, vulnerable and NHS.	<b>0345 720 3040</b>
<b>Bank of Scotland</b>	New service for over-70s, vulnerable and NHS workers.	<b>0345 721 3141</b>
<b>Co-operative Bank</b>	Lines are open 8am – 6pm Monday to Friday, and 9am – 5pm Saturday and Sunday.	<b>03457 212 212</b>
<b>Nationwide</b>		<b>0800 30 20 11</b>

**Transport**

<b>Brighton &amp; Hove Buses – Important Information</b>	In line with guidance from the Government, if you can you must wear a face covering on public transport unless you're exempt. Click <a href="#">here</a> for further information. The buses are put through a rigorous cleaning regime every night. The cleaning teams are also out every day to give them an additional wipe down on key points using hospital grade cleaning product. To find out more about the measures B&H Buses have in place for safer travel, follow this <a href="#">link</a> .	<a href="#">WEBSITE</a>  <a href="#">EMAIL</a>  <b>01273 886200</b>
<b>Brighton &amp; Hove Buses – The Helping Hand Scheme</b>	The Helping Hand Scheme is empowering bus users to discreetly and directly advise of any assistance they may require. The scheme offers a face covering exemption support card, which you can order online or	<a href="#">WEBSITE</a>



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download the pdf version to have on your phone ready to be shown if needed. The yellow card holds a brief written instruction for the driver to be made aware of the customer's needs or requirements without the customer having to verbally communicate it. This can be especially helpful for customers with non-visible disabilities.

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**Southern Rail**

You can continue to travel to venues that are open, or for reasons such as work or education, but you should reduce the number of journeys you make wherever possible. Before you travel, consider if your journey is necessary and if you can, stay local. If you need to travel you must wear a face covering whilst travelling and please always practise social distancing.

[WEBSITE](#)

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**Easy Link**

A door-to-door transport service for people, including people in wheelchairs, who find it difficult or impossible to get on and off buses, or to get to the bus stop. To register please call the telephone number provided here.

[WEBSITE](#)

**01273 677559**

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

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