

Brighton & Hove Services, Support and Guidance

*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)*

Release date
30/07/2020

Below is information on these topics:

- [Information on all Services](#)
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- [Foot Care](#)

*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!*

To help support people during the outbreak of Coronavirus in the UK, Ageing Well have collated the following list of local and national services.

We will be updating the information once a week, so please keep checking our website for the most recent version.

As lockdown restrictions relax we will be offering more information and tips on how to readjust from shielding and self-isolating. This will help you to return to day to day routines like popping to the shops or seeing friends and family for when you are ready.

If something is missing from this list please call Ageing Well 07770 061 072 and we will do our best to find the information you need.



**Information
and support
on all services**

Ageing Well

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

07770 061 072

We are a point of contact for information and support during COVID-19 (Coronavirus) crisis.

9am – 5pm,
Monday -
Friday

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. <http://ageingwellbh.org>

**IMPORTANT
INFORMATION
FROM THE
GOVERNMENT**

**Staying alert
and safe
(social
distancing)**

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

In addition to the general guidance above, at this stage of the Government's recovery strategy:

- You can spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines
 - You should go to work if you cannot work from home and your business has not been required to close by law
 - You can be tested as part of the [test and trace programme](#), which will enable us to return to normal life as soon as possible, by helping to control transmission risks
 - Form a 'support bubble' with one other household if you live alone or are a single parent with dependent children - in other words, you are in a household where there is only one adult
 - Attend a place of worship for individual prayer
 - You are able to visit more shops and additional outdoor attractions - drive-in cinemas and animal attractions like zoos, farms and safari parks
 - You have to [wear a face covering](#) on public transport
 - You can meet in groups of up to two households (your support bubble counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times. However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or
-



bubble. This change also does not affect the support you receive from your carers

- when you are outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines
- those who have been able to form a support bubble (i.e. those in single adult households) can continue to have close contact as if they live with the other people in the bubble, but you should not change who you have formed a support bubble with
- additional businesses and venues, including restaurants, pubs, cinemas, visitor attractions, hotels, and campsites will be able to open - but we will continue to keep closed certain premises where the risks of transmission may be higher
- other public places, such as libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms will be able to open
- you can stay overnight away from your home with your own household or support bubble, or with members of one other household (where you need to keep social distancing)
- it will be against the law to gather in groups larger than 30 people, except for a limited set of circumstances to be set out in law. Police will have the power to break up groups larger than 30, apart from these exceptions
- face coverings will be required in shops and supermarkets as well as on public transport
- people will be strongly encouraged to wear face coverings in other enclosed public spaces
- sports facilities and venues (including indoor gyms, fitness and dance studios, indoor swimming pools and indoor water parks) can open

Some people, including those aged 70 and over, those with certain underlying conditions and pregnant women, are clinically vulnerable, meaning they may be at higher risk of severe illness from coronavirus. As we continue to ease restrictions, this group should continue to take particular care to minimise contact with others outside their household. Please see <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing> for more details on this guidance.

The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions. Please see '[Staying Safe Outside Your Home](#)' for more information on this.

From Saturday 1st August, the above guidance will also apply to people who have been told to 'shield' because they are Clinically Extremely Vulnerable (CEV). Information on shielding and protecting people defined on medical grounds as extremely



vulnerable from COVID-19 can be found here:

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

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 please see this guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Points of contact who can direct you to specific information

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| 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 | Mental health and wellbeing support. Open Mon – Fri 9am - 5pm | 0808 196 1768 WEBSITE |
| Healthy Lifestyles Team | A wide range of free or subsidised healthy lifestyle programmes and advice on stopping smoking, drinking less, physical activity, healthy eating, healthy weight and general wellbeing. Focussing on things that are important to you, they offer tailored support to help you or your family improve your health and wellbeing. | WEBSITE 01273 294 589 EMAIL |
| 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 |



**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 lockdown, you can refer them to Brighton and Hove City Council's Community Hub for support, including help with shopping, collecting prescriptions, accessing your money and emergency food support. You may then be put in touch with other organisations for continued support during the Covid-19 pandemic. Open Mon – Fri 10am – 4.30pm

[WEBSITE](#)
01273 293 117

**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](#)

**Government
Support**

**If you are
'Clinically
Extremely
Vulnerable'**

If you are 'clinically extremely vulnerable' and has been told to shield, please also register with the government support scheme [online](#) or phone 0800 028 8327 as this will lead to additional support. Update on Government support for people who are shielding: The last boxes of basic supplies will be sent out by **31 July 2020**. Registration has now closed.

[WEBSITE](#)
0800 028 8327

If you've got priority access to supermarket deliveries, you'll keep it after 17 July and you'll be able to ask your local authority if you need urgent help.

Befriending

Together Co

Together Co are offering telephone befriending support at this time.

[WEBSITE](#)
01273 775 888

**Time To Talk
Befriending**

Time To Talk Befriending are offering telephone befriending support at this time

[WEBSITE](#)
01273 737710

The Silver Line

The Silver Line is 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 helpline team can offer information, friendship and advice, offer regular

[WEBSITE](#)
0800 4 70 80 90



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| | | friendship calls and protect and support older people who are suffering abuse and neglect. | |
| | Hangleton & Knoll Project | HKP have recruited and are supporting volunteers to provide telephone befriending, delivery of food shopping/medications and IT support. If you would like to know more about these services, are in need yourself or would like to volunteer please contact Claire Johnson. | WEBSITE 01273 410858 EMAIL |
| | Independent Age | Independent Age offers telephone befriending. | WEBSITE 0800 319 6789 |
| | Reengage | Call Companions from Reengage is a free service for anyone over-75 who lives alone and feels they could do with a friendly phone call every week or two. | WEBSITE 0800 716543 |
| Carers | Agespace | A group for people supporting elderly relatives at risk of Coronavirus. A chance to virtually meet others in the same position, ask questions and share your experience in these strange and uncertain times. | WEBSITE |
| | Health Innovation Network | 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. | WEBSITE |
| | Brighton & Hove Council | 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. | WEBSITE |
| | Carers Centre | Providing family Carers with emotional support, advice and a well-deserved break from their caring role. | WEBSITE 01273 746 222 EMAIL |
| | Carers UK | General Coronavirus Information | WEBSITE |
| Coronavirus / Covid-19 | Citizens Online | A list of resources gathered from around the web to help you stay in touch with family, | WEBSITE |





friends or colleagues during the coronavirus outbreak – or to help you to help others!

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| NHS | Find out more about symptoms and what to do if you are concerned about Coronavirus. | WEBSITE |
| Government Advice | The latest information on social distancing, support and advice. | WEBSITE |
| Sussex Interpreting Services (SIS) | 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 | WEBSITE |
| Doctors of the World UK | Doctors of the World UK have translated the latest NHS guidelines into 60 languages. | WEBSITE |
| Public Health England | Public Health England have translated information about testing for Coronavirus into 40 languages and explains that Covid-19 testing is free regardless of immigration status. | WEBSITE |
| Age UK | Advice on how to assess your own risk to coronavirus. | WEBSITE |
| Free Easy Read Posters | Easy read posters with guidance and information around Covid-19 - free to print or share online from Photosymbols. Please note: From 4th July, they will no longer be updating these posters. | WEBSITE |
| Brighton Covid-19 Mutual Aid Groups | 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, they are a group of people within the community trying to help during this time. They can offer lots of different help from dog walking to posting mail – it varies from group to group. <u>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 to before making any decisions.</u> | To find your nearest group search here: WEBSITE |



**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](#)

**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

West Sussex County Council www.westsussex.gov.uk/coronavirus

East Sussex County Council www.eastsussex.gov.uk/coronavirus

Covid Brighton & Hove Directory <https://covidbrightonhove.org.uk/>

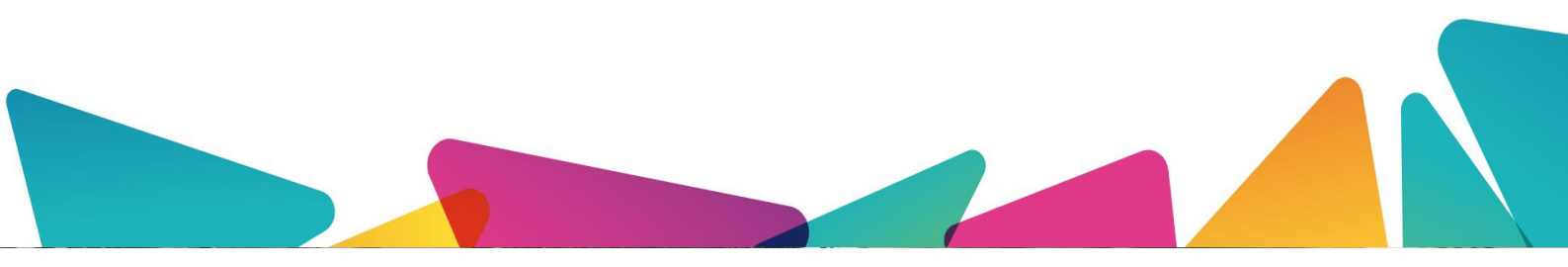
Dementia & Alzheimer's

Alzheimer's Society Alzheimer's Society Brighton and Hove service is open Monday to Friday for advice, support and information. You can also call the national Dementia Helpline or visit their website for access to forums and more information on staying safe from coronavirus and reducing the risk of infection. [WEBSITE](#)
Brighton & Hove: 01273 726 266
National Helpline: 0300 222 11 22

Health Innovation Network 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. [WEBSITE](#)



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| | Open Strings | Open Strings are offering their wonderful musical activities online for people living with dementia and their carers. Please contact them for more information. | WEBSITE 01273 569 096 Anna's Email or Isabel's Email |
| | Dementia Adventure | Online dementia skills sessions for family and carers of people living with dementia. | WEBSITE |
| Digital Help | Digital Unite | Over 400 how-to guides covers a whole host of digital topics including online shopping, social networking, health & fitness and music. | WEBSITE 0800 048 7642 |
| | AbilityNet | Free IT support at home over the phone or online. | WEBSITE 0800 048 7642 |
| | BBC guide | Step-by-step guide: How to video call your family. | WEBSITE |
| | Learn My Way | Free courses (online) to learn different digital skills to stay safe and connected. | WEBSITE |
| | Digital Brighton & Hove | 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 to be loaned to vulnerable people with no internet access. Please complete this form if you know a vulnerable person who could benefit from this. | WEBSITE Digital Helpline: 07475946084 |
| | Deafcog | How-to videos for making zoom calls | WEBSITE |
| Support with obtaining equipment | Wavelength | Supports organisations who help people who are lonely and isolated, by giving free TVs, tablets, and radios for clients. This technology is often used in communal spaces or as part of specific projects. | WEBSITE |
| | Friends of the Elderly | 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. Currently unable to accept new applications until 1 st July. | WEBSITE 0330 332 1110 |





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| | Get Online at Home | Affordable refurbished laptops and PCs for all, with discounts available to those in receipt of benefits. | WEBSITE 03719 100 100 |
| LGBTQ+ Services | LGBT Switchboard | If you could use a friendly chat with another LGBTQ person, please call Switchboard helpline - open on Weds and Thurs, 7pm-9.30pm | WEBSITE Helpline: 01273 359 042 |
| | LGBT Switchboard Directory of Services | During the COVID-19 Pandemic, many LGBTQ service providers have made significant changes to their services. This directory lists those changes. | DIRECTORY |
| | MindOut | 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. | WEBSITE 01273 234 839 EMAIL |
| | Galop | LGBT+ anti-violence charity. Resources include: TRANS RESILIENCE IN ISOLATION GUIDE | WEBSITE |
| Domestic Violence | RISE | 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 (Mon-Fri, 9am-5pm. Weds until 8pm) | Contact online: WEBSITE 01273 622 828 |
| | | STAYING SAFE AT HOME DURING LOCKDOWN GUIDE | |
| | Survivors' Network | Supporting survivors of sexual violence and abuse in Sussex. | WEBSITE 01273 203 380 |
| | Refuge - National Domestic Violence Helpline | Help and support for women facing domestic violence. | WEBSITE 0808 2000 247 |
| | Respect - Men's Advice Line | A helpline service for male domestic abuse survivors | WEBSITE 0808 801 0327 |
| | National LGBT+ Domestic Abuse Helpline | Emotional and practical support for LGBT+ people experiencing domestic abuse run by Galop, the LGBT+ anti-violence charity. | WEBSITE 0800 999 5428 |



Elder Abuse

Hourglass

Free national, confidential helpline providing information & support to anyone concerned about harm, abuse or exploitation of an older person.

[WEBSITE](#)
0808 808 8141

Hourglass Sussex can also be contacted for help to find social contacts, weekly check-in calls, emotional support and help to develop confidence and move towards regaining independence.

07508 823975
(Project
Coordinator Gail
Shanahan)

999 calls if you cannot speak, but need help

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

Online Exercise

The Hop 50+

The Hop 50+ is closed to the public but the staff are hosting online exercise classes, quizzes, singing and lots of other activities online.

To join the online group activities email: [EMAIL](#)

Later Life Training

Make Movement your Mission - Join Bex, 3 times a day (8am, 12, and 4pm) for 10 minutes live functional movement exercise sessions on Facebook.

[FACEBOOK GROUP](#)

You don't need to join in live though, you can start anytime as all sessions are also available on YouTube.

[YOUTUBE VIDEO](#)

Sport England

Sport England have pulled together a timetable of live online activity classes to help you exercise alone, together. There's a selection of both free and paid-for classes, as well as sessions to suit all ability levels.

[ACTIVITY TIMETABLE](#)

BHCC – How To Stay Active at Home

Find information and advice about how to stay active at home during the Coronavirus (COVID-19) pandemic.

[GUIDE](#)

Active for Life

Are offering daily physical activity sessions online.

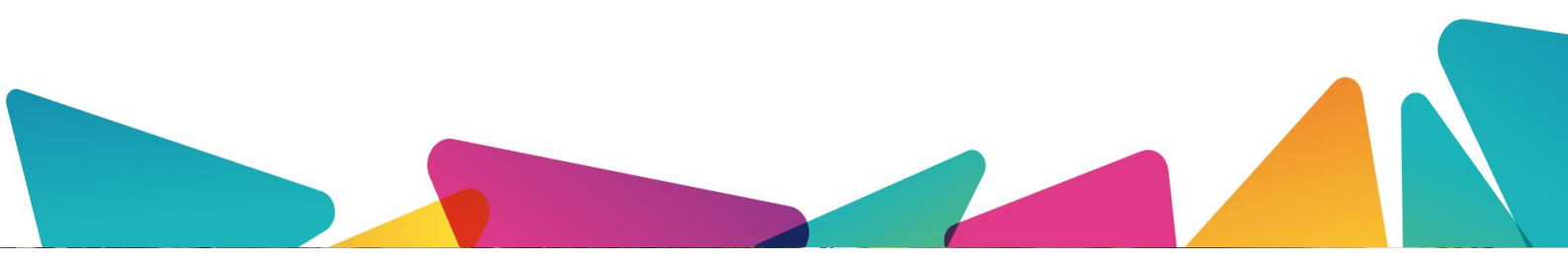
[WEBSITE](#)
01273 294 589



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| | Also now offer tailored support for people to become more physically active during Covid-19. The team are particularly keen to engage with individuals experiencing significant barriers to participation in physical activity. | REGISTRATION FORM |
| Exercise and physical activity for osteoporosis and bone health | Online exercise videos and factsheets offered by the Royal Osteoporosis Society. | ACTIVITY FOR OSTEOPOROSIS |
| Vida Active Cub | Exercise and Socialise for people over 60 sessions - fun and inclusive exercise class followed by refreshments and a chance to talk to chance to talk to others on Zoom. | WEBSITE |
| Exercise online | Here are lots of different online options for you to try! 10 Today – Short ten-minute routines to get people stretching and moving. Includes both online videos and daily radio shows (with recordings captured online). Sitting Exercises - These exercises in sitting (from the NHS) improve mobility and lower limb strength which helps with feeling more steady to move onto standing exercises. Flexibility Exercises – These home exercises help to improve mobility. Balance exercises – Simple home exercises to improve steadiness with walking and moving. Strength exercises – Home exercises to improve lower limb strength. | WEBSITE WEBSITE WEBSITE WEBSITE WEBSITE |
| Brighton and Hove Healthwalks | Have developed a Facebook page for those who want help to keep walkers walking! | FACEBOOK PAGE |



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| | Rosaria Gracia Dance and Exercise classes | Offering some free and some paid classes | WEBSITE |
| | Lifelines | Offer seated Pilates classes online (as well as lots of other fun activities) | ACTIVITY TIMETABLE 01273 688 117 EMAIL |
| | Silver Swans Ballet Classes Online | Free online ballet exercise classes, designed to get the older generation moving to the music at home. From experienced dancers to those that don't know their plié from their pointe. | WEBSITE |
| Groups, Activities & Entertainment | Impact Initiatives and Ageing Well Activity Packs | Activity Packs are being made weekly, containing lots of different activities, cookery tips and things to do – there is something for everyone! | If you would like to receive the pack EMAIL |
| | The Hop 50+ | The Hop 50+ is closed to the public but the staff are hosting online exercise classes, quizzes, singing and lots of other activities online. | To join the online group activities EMAIL |
| | | 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. | Facebook Page |
| | Brighton & Hove Libraries | If you're a library member you can borrow eBooks and audiobooks from Borrowbox. You can also borrow eBooks, audiobooks, eComics and eMagazines from RBDigital. If people are not yet members, then you can register to join online: <ul style="list-style-type: none"> – Register for a library card online, we will give you a temporary membership number and PIN. – Usually they would then ask people to come to a library and collect their proper membership card, but if they are not open in coming weeks due to Covid 19, we will arrange for temporary memberships to be made permanent without people having to collect a card. – You will then be able to use the eService's described above. | WEBSITE 01273 290 800 EMAIL |





The loan period on all items borrowed has been extended to 6th September 2020

Brighton & Hove City Libraries Home Delivery Service

Brighton & Hove City Libraries are offering a free book delivery service to help raise spirits and improve well-being, during this time. If you have to stay at home due to a health condition or are caring for someone who is confined to their home, the library service can help.

01273 290800 and press 1 to leave a message (about home delivery or e-book service)
[Email](#)

If you are interested in having books delivered to your door, please contact them on, and after the voicemail message, press 1 to leave your name and phone number - don't forget to say that you are interested in the Home Delivery Service! A member of staff will ring you back to discuss how they can best help you. They will deliver standard print, large print or audio-books.

The Listening Library

Audiobook lending service for anyone who finds reading difficult due to a physical or mental illness, disability or learning difficulty.

[WEBSITE](#)
020 7234 0522

Just get in touch via email or phone to enquire or become a member of this service. Please note that this service will be very limited for the time being.

The Social Distancing Festival

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.

[WEBSITE](#)

Evolution Arts

Are offering lots of different online courses, workshops and yoga classes.

[WEBSITE](#)

Phoenix Art Space

Are offering various online activities, such as life drawing and portrait photography.

[WEBSITE](#)

Open University

Free online education courses.

[WEBSITE](#)

National Open Garden Scheme

Take a virtual stroll around some of the country's most beautiful gardens

[WEBSITE](#)



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| Brighton Mindfulness Centre | Free online mindfulness course. | WEBSITE |
| Things for free! | Paid-for things they've made FREE – audiobooks, box sets, fitness classes, wellbeing apps and more. | WEBSITE |
| Free Buddhist Audio | Selection of talks, interviews, seminars, and question-and-answer sessions from the early 1960s to the present day from the sound and text archives of the Triratna Buddhist Order | WEBSITE |
| ChatterPack | A list of free, online, boredom-busting resources | WEBSITE |
| Online Sudoku | Free Sudoku games online | WEBSITE |
| Grace Eyre's Facebook group for people with learning disabilities | A Facebook group for people with learning disabilities to connect with each other. | FACEBOOK GROUP |
| Online Scrabble | Free scrabble games online. | WEBSITE |
| Word Games online | Free word games online. | WEBSITE |
| Free knitting patterns online | Explore a wide range of free knitting patterns. | WEBSITE |
| Lifelines | People can call in (at no charge) for groups over-the-phone, online and postal activities. Led by volunteers, people who call in can take part in reminiscence sessions, over-the-phone coffee mornings, reading groups, quizzes and more. | ACTIVITY TIMETABLE 01273 688 117 EMAIL |
| Brighton Natural Health Centre | Brighton Natural Health Centre Online yoga, pilates and movement classes on a pay what you can basis. They are also offering FREE guided relaxation classes (20-30 mins). | ACTIVITY TIMETABLE |



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| WEA Adult Learning | Are offering a selection of free online courses and taster sessions in a variety of subjects. | WEBSITE |
| Online tours of museums | Stuck at home? These 12 famous museums offer virtual tours you can take on your couch. | WEBSITE |
| Possability People's Directory | Possability People have gathered loads of links to exercises and cultural activities you can do at home. | WEBSITE |
| Sing for Better Health | Uplifting singing sessions for older people, helping to improve health and wellbeing - four groups per week, meeting via Zoom and telephone. It's fun and supportive, and members are friendly and welcoming. No singing ability is required. | WEBSITE |
| Sofa Singers | 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. | WEBSITE |
| Hangleton & Knoll Project | Are currently working on a plan to support the older people that use their services so that they can help them via phone as they have to now stay at home more. | WEBSITE 01273 881 446 EMAIL |
| Carers Zoom Coffee and Chat | While we are still all social distancing, the Carers Hub is hosting a new weekly online meeting for all carers via Zoom on Weds at 10.30am. This is a bookable event and is open to all unpaid family/friend carers in Brighton & Hove. | WEBSITE 01273 977 000 |
| Carers Centre | A new LGBT+ carers group launched on Zoom. The group will meet fortnightly and hopefully face-to-face events will be planned once it's safe enough to do so. | POSTER |
| Brighton & Hove Food Partnership | A new online group to share tips and video tutorials for BHFP's favourite recipes plus information about core cookery skills, healthy eating, budget cookery, food & mood and lots more. | FACEBOOK GROUP |



**Financial and
Home Safety
Advice**

Community Base Online Event Calendar This event calendar now focuses on Online Events. Check it out to see what is going on, or if you are running an event, add yours to the calendar for free [EVENTS CALENDAR](#)

U3A This is the page where you will find many ideas to keep learning during these times - a mixture of suggestions from members and quizzes, challenges and projects from our subject adviser volunteers. Some are one off events and others ongoing over a period a time. [WEBSITE](#)

RNIB Connect Radio 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. [WEBSITE](#)
Freeview 730

Community Chef A resource for cooking courses. They have a list of courses especially designed for elderly and vulnerable people that they can offer at low cost. [WEBSITE](#)

Age of Creativity Festival A list of online downloadable creativity activities, ideas and upcoming events across the UK. [WEBSITE](#)

Understanding Universal Credit This page provides information about coronavirus and claiming benefits. It will continue to be updated. Please check this page regularly for updates arrangements. [WEBSITE](#)

Moneyworks This is a partnership of local charities which supports residents with financial issues and is free to use. [WEBSITE](#)
0800 9887 037
01273 809 288

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](#)

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 [WEBSITE](#)



permanent agent access form P6163 available at your local Post Office or call 03457 22 33 44. To keep your account safe, only one helper can have access 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

Carers UK

A-Z of changes to benefits, assessments and support for carers during Covid-19

[WEBSITE](#)

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

Southern Water Priority Services Register – 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](#)



| | | |
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| East Sussex Fire and Rescue Service | Are now carrying out special virtual "visits" over the phone where they can talk to you about the fire risk in your home, after which they may: <ul style="list-style-type: none"> • Post you further information leaflets AND / OR • Post you smoke alarms to fit yourself OR • If the risk is high and no one in your home is able to fit a smoke alarm they will take protective precautions and fit a smoke alarm for you in your home | <u>WEBSITE</u> 0800 177 7069 |
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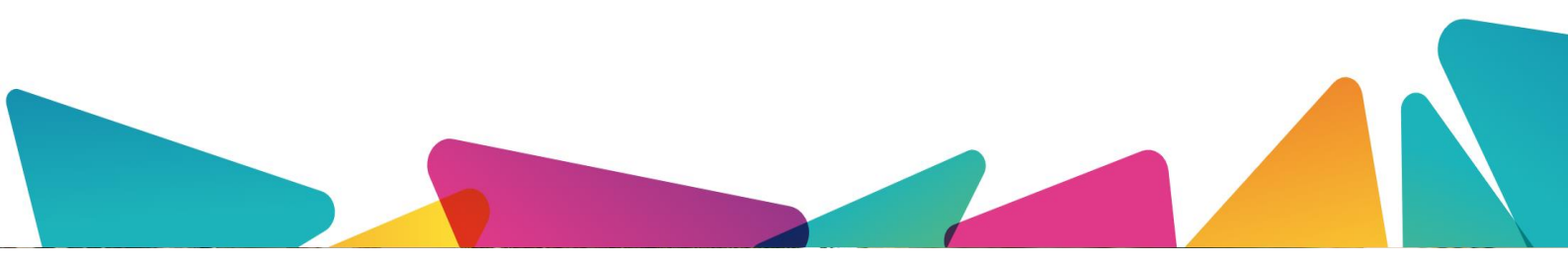
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| Advice for people who rent their home | The Acorn Union have advice on their website for renters. | <u>WEBSITE</u> |
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| Brighton and Hove Independent Mediation Service | Homeless Prevention Service - 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. | <u>WEBSITE</u> 01273 700812 <u>EMAIL</u> |
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| Brighton and Hove Energy Services Co-op | Are offering the following services via phone or email: <ul style="list-style-type: none"> - Free switching advice for residents looking to change to a cheaper tariff or supplier. - Referrals for emergency fuel vouchers for customers struggling to top up pre-pay meters - £28 for a single home, £49 for a family home (subject to eligibility). - Energy debt support for customers who are struggling to pay a recent bill (subject to eligibility). | <u>WEBSITE</u> 0800 999 6671 |
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| 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. We are updating the Ageing Well support directory daily and will continue to do our very best to insure that all listed on here are safe to use. If you are uncertain about anything or anyone please contact us on 07770 061072. 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 |
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The council are aware of the following taking place around the country and some incidents in the city:





- 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. The government has launched an emergency package with energy suppliers to ensure you don't face any additional hardships in heating or lighting your home during the coronavirus outbreak. 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.

No credit meters will be disconnected during the outbreak. Suppliers must tell you:

- what customer service support is available, particularly if you are vulnerable
 - how you are supported if you can't top up or could go off supply.
-



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 your local top up shop closes, Paypoint.com and Payzone.co.uk list alternative vendors online, and the [Post Office](#) also provide top ups for some suppliers. Your supplier can also help.

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 0808 223 1133. 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 | | |
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| RBS | Dedicated support line for customers over 70 or those in isolation, and a separate service for NHS workers. | 0800 051 4177. |
| Natwest | Dedicated support line for customers over 70 or those in isolation, and a separate service for NHS workers. | 0800 051 4176 Lines are open 8am-8pm every day |
| Santander | 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 us online. Lines are open Monday-Friday 9am-5pm and Saturday 9am-4pm | Vulnerable Customer Helpline: 0800 015 6382 General number: 0800 9 123 123 |
| Barclays | | 03457 345 345 |
| HSBC | Vulnerable customers who contact the bank may be referred to a specialist support team. | 03457 404 404 |
| TSB | | 03459 758 758 |





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| Metro Bank | Monday to Friday from 8am to 9 am for vulnerable customers and over 70s only. | 0345 08 08 500 |
| Lloyds | New service for over-70s, vulnerable and NHS workers to offer support to those who need it most. | 0345 072 5555 |
| Halifax | New service for over-70s, vulnerable and NHS. | 0345 720 3040 |
| Bank of Scotland | New service for over-70s, vulnerable and NHS workers. | 0345 721 3141 |
| Co-operative Bank | Lines are open 8am – 6pm Monday to Friday, and 9am – 5pm Saturday and Sunday. | 03457 212 212 |
| Nationwide | | 0800 30 20 11 |

Healthwatch - Information about going to the dentist

Dentists can start to offer face-to-face appointments from 8 June. Dental check-ups and treatment involve close contact between the dentist and patient. Dentists and their teams have to avoid using tools like drills, as they create a lot of ‘spray’ from patients’ mouths and this increases the risk of them catching the virus from an infected patient and passing it on to others. For safety, dental staff must have the right personal protective equipment (PPE) and only carry out treatments that have been risk assessed as safe.

[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 also can send out exercise programmes.

[WEBSITE](#)

They are also building a library of resources, free and accessible for all to use, available on their website

[WEBSITE](#)



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| BHCC - Supporting Your Wellbeing | 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. | WEBSITE |
| The Brighton & Hove Recovery service – Formally Pavilions | The Brighton & Hove Recovery service provides drug and alcohol services for adults in Brighton & Hove. Support is available to anyone concerned about their drug or alcohol use, or to the families and carers supporting those struggling with substance misuse. | WEBSITE 01273 731 900 EMAIL |
| The College of Podiatry | Find a fully qualified and registered podiatrist near to you. Contact them directly to see if they are conducting home visits. | WEBSITE |
| Beezee Bodies | Are a weight management service who are offering group webinars, videos, Whatsapp groups, advice on social media and 1-1 telephone support. | 01273 294 589 EMAIL |
| Stop Smoking | Brighton and Hove City Council's Stop Smoking service is offering specialised telephone sessions to those looking for support to quit, and stay quit. These free, flexible and regular calls from experienced advisors support adults to manage cravings and change habits. Nicotine replacement medications such as patches and gum can also be arranged, for up to three months. | WEBSITE 01273 294 589 EMAIL |
| Health Trainers | Brighton and Hove City Council's Health Trainer service is offering specialised telephone behaviour change sessions for adults. These free and tailored calls provide structure, support and the confidence to change habits and set realistic goals relating to healthy eating, physical activity or reducing alcohol. | WEBSITE 01273 294 589 EMAIL |
| Macmillan | 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 | WEBSITE 0808 808 00 00 |



types by calling their helpline (open 8am-8pm daily).

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| Macmillan Horizon Centre | Offering telephone support for people affected by cancer living in Sussex. They are also providing virtual support sessions covering topics like Managing Anxiety, Eat Well Feel Better Cookery session, Breathing Workshop, Yoga Nidra, Pilates, Acupressure | 01273 468770 EMAIL |
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| Alcoholics Anonymous | AA are holding online meetings and you can find information about these on the link | WEBSITE |
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| Narcotics Anonymous | NA are holding online meetings and you can find information about these on the link | WEBSITE |
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| Hot Weather Advice and Information | <p>Links to up-to-date leaflets about coping with hot weather all of which have been rewritten with a COVID 'lens':</p> <ul style="list-style-type: none"> • Heatwave Plan for England • Heat health risks and COVID19 • Poster Beat the Heat and Coping with heat & COVID-19 • Leaflet Beat the Heat and coping with COVID19 • Beat the heat: keep cool at home checklist • Checklist Beat the Heat Keep residents safe and well during COVID-19 • Easy Read version Heatwave Plan • Advice for health and social care professionals: supporting vulnerable people before and during a heatwave • Advice for care home managers and staff - Supporting vulnerable people before and during a heatwave |
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| 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 |
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| Age UK | Age UK West Sussex, Brighton & Hove are offering: <ul style="list-style-type: none">- Information and Advice. Including information on social care, housing and welfare benefits.- Telephone Befriending. A friendly chat if you're feeling lonely or isolated.- Doorstep Deliveries. We can deliver meals, groceries and essential medication to your doorstep | WEBSITE 01903 731 800 EMAIL |
| Possibility People | Offering advice, information and support to you whether you, a family member, friend or someone who you know is disabled or has a long term health condition or impairment, our information is for you. | WEBSITE 01273 894 040 EMAIL |
| Sense | Sense Information and Advice can help you find the right support for you and your family. They are here to offer free and impartial information about living with complex disabilities, including deafblindness. | WEBSITE 0300 330 9256 EMAIL |
| Deafcog | A service dedicated to improving the life and opportunities for deaf people. | WEBSITE |
| Sussex Interpreting Service | Offer interpreting services, emergency interpreting, translation and advocacy. | WEBSITE 01273 702 005 / 01273 234 825 |
| Speakout | Independent advocacy for adults with learning disabilities in Brighton & Hove, are hosting daily, online drop in sessions for the LD community. | WEBSITE 01273 421 921 |
| Agespace | Provide information online about care, legal and financial matters, health and local services. | WEBSITE |
| Independent Age | Information and advice for older people. | WEBSITE 0800 319 6789 |
| Citizen's Advice | Citizen's Advice will not be offering any face to face services. The public can ring or email for advice. | WEBSITE 0300 330 9033 |



**Brighton
Women's Centre**

BWC have created a Women Supporting Women Helpline - offering support & advice from fully trained staff & volunteers who will answer your call in confidence. Opening times and details are below:

[WEBSITE](#)

Women Supporting Women Helpline
Mondays 2 - 4p.m. (50+Specific) - 07463288007
Wednesdays 2 - 4p.m. - 07851247753 / 07472085374
Thursdays 10a.m. -12p.m.07851247753 / 07472085374
 Email: dropinservices@womenscentre.org.uk
*Support
Advice
Connection
In Confidence*
BWC Brighton Women's Centre
 Empowering women since 1974
womenscentre.org.uk

**Bereavement
services**

**Brighton & Hove
County Council**

Contact the council about deaths, funeral and cemeteries and find organisations, services and sources of support which can help you following the death of a loved one.

[WEBSITE](#)

Cruse

Offering support to bereaved people and have specialist support to those dealing with bereavement because coronavirus-related loss.

[WEBSITE](#)
0808 808 1677

**Sussex
Bereavement
Helpline**

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 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 sources of help and support for you and your family and friends as you grieve.

Monday to Friday
from 8am to 5pm.

0300 111 2141



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| | At A Loss | Provide the UK's signposting website for the bereaved, directing the bereaved and those supporting them to information and services appropriate to their loss. | WEBSITE |
| | NHS | Offer advice and guidance online to do with coping with bereavement. | WEBSITE |
| Medical | 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 nhs.uk (for assessment of people aged 5 and over only) - Call 111 for free from a landline or mobile phone. | Call 111 |
| Mental Health | If you are experiencing a mental health crisis and need urgent support, call 999 or contact your local Emergency Department / A&E | | |
| | Every Mind Matters help and support (NHS) | If you are worried about Coronavirus or how staying at home may affect your mental health this website may help. | WEBSITE |
| | Samaritans - National | A safe place for you to talk any time you like, in your own way – about whatever's getting to you. | WEBSITE 116 123 EMAIL |
| | Brighton Mental Health Rapid Response | 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. | 0300 304 0078 |





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| MIND Brighton & Hove | <p>Their mental health advice and information service remains open during this difficult time offering advice, support and information via both telephone and email. This includes information on:</p> <ul style="list-style-type: none">• Mental health and social support services, local and national.• Mental health conditions, symptoms, treatments and self-management.• Self-care and general wellbeing techniques. <p>Phone between 9am-5pm. Please be aware their phone lines may be busy so please leave a message and they will get back to you as soon as they can.</p> | <p>WEBSITE</p> <p>01273 666 950</p> <p>EMAIL</p> |
| Community Roots | <p>Community Roots are a network of local services committed to supporting good mental health and wellbeing in Brighton & 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>WEBSITE</p> <p>0808 196 1768 (Freephone) Monday to Friday, 9am to 5pm</p> |
| Sussex Mental Healthline | <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>WEBSITE</p> <p>0300 5000 101</p> |
| Penny Appeal | <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>0300 303 1360 7 days a week from 12noon - 8pm, all calls are free.</p> |
| SHOUT | <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>WEBSITE</p> <p>85258</p> |





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| | Elefriends | Elefriends is a supportive online community where you can be yourself. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others. | WEBSITE |
| | Homenauts | Free resources for better mental health | WEBSITE |
| | Mind National | MIND provide advice and support to anyone experiencing mental health problems. | WEBSITE 0300 123 3393 Text 86463 EMAIL |
| | Anxiety UK | 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. | WEBSITE 03444 775 774 EMAIL |
| | SANE | Open 4.30pm-10.30pm For to anyone affected by mental illness, including family, friends and carers. | WEBSITE 0300 304 7000 |
| Refugees, Asylum Seekers | Voices In Exile | 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. | WEBSITE 01273 082105 Tuesdays 1.30-3.30pm, Thursdays 2-4pm or Fridays 11am-1pm EMAIL |
| | Afghanistan and Central Asian Association | 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. | WEBSITE 0750 877 3336 Monday – Friday 9am – 1pm EMAIL |
| Miscellaneous | Cinnamon Trust | 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+ | WEBSITE 01736 757 900 |



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| Public toilets | The most up to date list of public toilets which are open at this time can be found here: | WEBSITE |
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| Furniture and white goods | Now!Charity are able to supply <ul style="list-style-type: none">○ 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. | WEBSITE |
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To people in need living in Sussex. Please note it is only one item per household, and this doesn't include installation. Because of social distancing all deliveries will be left on the doorstep.

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| Transport | Brighton & Hove Buses – Face Covering Guidance | In line with guidance from the Government, if you can you must wear a face covering on public transport. This can be a mask, scarf, snood, bandana or even something you can make out of an old t-shirt. | WEBSITE 01273 886 200 EMAIL |
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Some people don't have to wear a face covering for health, age or equality reasons. If you fit into any of the Government exemptions, then you'll be able to travel on our buses without wearing a face covering. See website for more information.

The Helping Hand Scheme now also has a face covering exemption support card, which you can order online or download the pdf version to have on your phone ready to be shown if needed.

[WEBSITE](#)

| | | |
|----------------------|---|-------------------------|
| Southern Rail | The latest information on Southern services during the Coronavirus outbreak and general guidance on train travel. | WEBSITE |
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Before you travel, consider if your journey is necessary and if you can, stay local. Try to



reduce your travel. This will help keep the transport network running and allow people who need to make essential journeys to travel. If you need to travel you must wear a face covering whilst travelling and please always practise social distancing.

Travel Help, if Looking for Work

Looking for work and live in Portslade / Mile Oak or Turner / Kemp Town / Manor Hill / Whitehawk?

[WEBSITE](#)
07876 394 865

[EMAIL](#)

Get help to: • Fix your cycle, or buy one for as little as £10-30. • Pay for bus or train for first month of paid work.

Shopping and Help Accessing Food Directory

Updated 30/07/2020

To help support people during the outbreak of Coronavirus in the UK, Ageing Well have collated the following list of supermarket information, local green grocers and wholesalers as well as other useful food and shopping related services.

We will be adding to and updating the information once a week, so please keep checking our website for the most recent version.

If something is missing from this list please call the Ageing Well telephone number on **07770 061 072** and we will do our best to find the information you need.

Ageing Well also has a directory listing help and services available which can be found on our website <http://ageingwellbh.org/coronavirus/>.

Please see next page for contents.





Below is information on these topics

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!

- [Dedicated Shopping Times](#)
- [Telephone Supermarket Shopping](#)
- [Online Supermarket Shopping](#)
- [Supermarket Volunteer Shopping Cards](#)
- [Meal Deliveries](#)
- [Medication](#)
- [Paid for Food Delivery Services](#)
- [Independent Cafes, Bakeries, Fish Mongers and Butchers](#)
- [Takeaway and Corner Shop Delivery](#)
- [Local Charities and Organisations](#)
- [For Fun](#)

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| Ageing Well Food and Nutrition | <p>Eating well is an important part of ageing well. Our service supports older people at risk of undernutrition by telephone. 1-1 support is available if practical and safe to do so. We will help you to understand what services and help are available. We can also discuss how your nutritional needs will change and what you can do to be healthy and feel good.</p> <p>We have a booklet Eating Well to Stay Healthy as You Age for older people who may not be eating enough to be healthy. The guide is designed to help spot the signs of undernutrition and suggests ideas to help prevent it.</p> | <p>07736 041926</p> <p>ageingwellbh@impact-initiatives.org.uk</p> <p>http://ageingwellbh.org/food-and-nutrition/</p> |
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| <i>Supermarket (click hyperlink for latest up to date information on Opening Times for different groups)</i> | <p>Most supermarkets are now back to their normal opening hours however continue to offer dedicated shopping times for older people, NHS staff and care workers. Other services such as telephone shopping and shopping with local independent shops or wholesalers that deliver can be found later in this directory and are encouraged if you are unable to go out. Advice on staying safe outside your home from the government can be found here. Shopping at quieter times, maintaining a 2m (6feet) distance, using contactless payments, making use of sanitation stations and only touching what you intend to buy remain advisable.</p> |
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| | Supermarkets Dedicated Shopping Times | |
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| | Older people, disabled people and their carers | Anyone with an NHS ID badge |
| <u>Sainsbury's</u> | 8:00am to 9:00am Mon, Wed, Friday. 'Volunteer's gift card' allows someone to shop on someone else's behalf | 07:30 to 8:00am Mon-Sat including social workers with relevant pass |
| <u>Tesco</u> | 9:00am to 10:00am Mon, Wed, Fri | 9:00am to 10:00am Tues, Thurs 10:00am to 11:00am Sun (browsing only) |
| <u>Iceland</u> | No dedicated hours | 17:00pm to 18:00pm Mon-Sat |
| <u>Co-Op</u> | 8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun | 8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun |
| <u>Asda</u> | No dedicated hours. Introduced volunteer shopping card but no dedicated hours for this | 8:00am to 9:00am Mon, Wed, Fri 9:00am to 10:00am Sunday for browsing only. |
| <u>Morrison's</u> | No dedicated hours | 6:00am to 7:00am Mon-Sat, 9:00am to 9:30am Sun, 10% discount |
| <u>ALDI</u> | 7:30am to 8:00am Mon-Sat for older and vulnerable people (browsing only) | Emergency workers and social care workers take priority ahead of queues opening 30 minutes early on Sunday (browsing only) |
| <u>LIDL</u> | No dedicated hours | No dedicated hours |
| <u>Marks & Spencer</u> | 8:30am to 9:30am Mon and Thurs | 8:30am to 9:30am Tue and Fri |
| <u>Infinity Foods</u> <small>(reduced hours)</small> | 9:30am to 10:30am Thursdays | NHS workers can show their ID to queue jump |
| <u>Waitrose</u> | First hour of trading | Priority access with ID to shops and checkouts |

Getting out to go shopping

As lockdown eases may want to return to running your own errands and doing your own shopping. Some organisations run services to make this easier and these will be listed here as the services return to normal.



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| Possability People's low cost scooter and wheelchair hire | Possability People are running a reduced service hiring out mobility scooters, wheelchairs, powered wheelchairs and even portable 'bus' scooters on Wednesdays and Thursdays only. For pick up and drop off in Churchill Square. Accepting pre-booked hires only (at least one day in advance) call Monday – Friday. | 01273 32 32 39 shopmo@possabilitypeople.org.uk https://www.possabilitypeople.org.uk/how-we-can-help/independent-living/shopmobility-2/ |
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Telephone
Supermarket
Shopping

Some supermarkets have made it possible for older and vulnerable people to order groceries over the phone. From page 7 you will also find local green grocers and wholesalers where telephone orders are possible.

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| Morrison's Emergency Contact Centre <small>*Working well for AW service users</small> | Morrison's have set up an Emergency Contact Centre for the most vulnerable and elderly who cannot shop online. It is called Morrison's doorstep Delivery. It will operate 8am- 4pm. The order will then be delivered the next day or two. The telephone number is 03456116111 press option 5. Payment can be made by contactless card on delivery. There is a list of 49 items to choose from. In order to use this service you must live within 10 miles of a Morrison's store. | 0345 611 6111 press option 5 https://my.morrisons.com/doorstep-deliveries |
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Online
Supermarket
Shopping

The government are no longer delivering a weekly box of basic supplies however if you signed up for priority supermarket deliveries you will continue to have access to those.
<https://www.gov.uk/coronavirus-extremely-vulnerable>

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| Asda | Asda releases new delivery slots at 6pm every day | www.asda.com |
| Asda Food Boxes | Asda Food Boxes are packed with a selection of 31 cupboard fillers, perfect for replenishing your stocks without needing a trip out. | https://foodboxes.asda.com/ |
| Aldi | Delivering food parcels with 22 everyday foods and essential household items to help out those who are not able to safely visit their stores. Orders cost £19.99 and are delivered to door for free with voucher code FOODPARCEL, 2-3 working days delivery time. Orders placed on website. | https://www.aldi.co.uk/ |



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| Co-op | Where slots are available, you will only be able to order up to 20 items. Enter postcode to see if deliveries are available in your area, delivery may be possible in 2 hours. | www.coop.co.uk |
| Co-Op on Deliveroo | Co-Op food items can be purchased on Deliveroo. £1.99 delivery charge and a small service fee. Delivery within half an hour depending on location. | https://deliveroo.co.uk/ |
| Iceland | Free delivery over £35. | https://www.iceland.co.uk/ |
| Marks & Spencer's | M&S food have a new range of food boxes including boxes of ready meals. Starting from £20. | https://www.marksandspencer.com |
| Marks & Spencer's on Deliveroo | M&S food items can be purchased on Deliveroo. There is a charge and a small service fee. Delivery within half an hour depending on location. Use the postcode search tool to find out if they deliver to your area. | https://deliveroo.co.uk/ |
| Morrison's | Morrison's Food Boxes mean in just one click you can fill your shopping trolley with a meat, vegetarian, vegan or gluten free option. If you are elderly or do not have internet access you can call to order your box. It will be option 4. | https://www.morrisons.com/food-boxes/ 0345 611 6111 press option 4 |
| Morrison's on Deliveroo | A selection of Morrison's essentials are now available on Deliveroo for a £4.50 delivery charge +£0.49 service charge. Minimum £15 order, delivery in as little as 30 minutes. | https://deliveroo.co.uk/ |
| Ocado | Register and log in to select a delivery slot. | 0330 123 0022 https://accounts.ocado.com/ |
| Sainsbury's | Once you are told you qualify for priority delivery you can call the Sainsbury's on 0800 328 1700. Choose option 1. They will help you set up an account, this will involve registering your card detail through a secure line. You will then be able to place a weekly shop over the phone, you will need your shopping list ready. | www.sainsburys.co.uk 0800 328 1700 |
| Sainsbury's Chop Chop App | Sainsbury's app is now available in Brighton. Get 20 items in 60 minutes. No minimum basket spend. £4.99 delivery fee. Check they are delivering to your post code and download the app to get started. | https://www.chopchopapp.co.uk/ |



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| Sainsbury's Hove Click and Collect delivered by Dinner 2 Go | Complete a click and collect order to Sainsbury's in Hove and have it delivered by Dinner 2 go for £5. Provide details of the order reference and collection code in the note to driver box when checking out. | https://dinner2go.co.uk/hove/clickandcollect/Sainsburyshove |
| Tesco | As home deliveries are high in demand you might be able to get a Click+Collect slot and ask someone to pick it up for you | www.tesco.com |
| Waitrose | Order online for delivery or select click and collect. You can create favourites or edit your previous order and start from there. | www.waitrose.com |
| Waitrose and Partners Rapid | Waitrose are offering a same-day Waitrose grocery delivery, delivery within two hours, £10 minimum basket spend and a £5 delivery charge, never pay extra for substituted items. Enter your postcode to check delivery to your area. | https://rapid.waitrose.com/ |
| Waitrose and Partners Food Box | Waitrose food boxes include a set 25 items that are designed to feed one adult for a week. Delivery £3.50 for one, free delivery for two. For the full list of items visit www.johnlewis.com/waitrose-partners-food-box/p4999059 or call 0800 022 4055 | 0800 022 4055 www.johnlewis.com/waitrose-partners-food-box/p4999059 |

Supermarket
Volunteer
Shopping
Cards

Supermarkets are offering a cashless shopping card so that volunteers can get your shopping for you and avoid the exchange of money. Top up your card online and the volunteer can print out a code to be used at the checkout. You can decide how much money goes on the card and how often you want to top it up.

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| Asda | Visit the Asda website to sign up for a volunteer shopping card | www.asda.com/volunteercard |
| Marks & Spencer's | M&S have launched a 'We're all in this together' e-gift card. Order online a card with your desired amount and then email the barcode to your volunteer. | https://www.marksandspencer.com/all-in-this-together/p/p60282075 |
| Sainsbury's | Send an E-Gift card to a friend or helper so they can shop in store for you. For help call 03712001597 | https://sainsburysgiftcard.co.uk/ |
| Aldi | Aldi has introduced a voucher scheme to make it easier for volunteers to buy food on behalf of the vulnerable and those self-isolating. Once purchased, the vouchers can be posted to any | https://www.aldi.co.uk/vouchers |



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| | address in the UK so they can be given to volunteers, friends or family members to shop on their behalf. | |
| Coop | Coop have set up a community shopping scheme and have made community shopping cards available. Call 0800 029 4592 and the card will be sent to you in 2-3 working days. | 0800 029 4592 https://www.coop.co.uk/terms-and-conditions |

Meal Deliveries

The following companies deliver hot, chilled or frozen meals across Brighton and Hove. Orders can be made over the phone or online with payments made by card and some companies allow cash or cheque on delivery.

If there is a company which takes your interest, you can call them to request a free brochure and browse at your leisure. You can ask Ageing Well to request this for you if you are happy for your contact details to be shared.

Make sure you have enough space to correctly store the food you have ordered especially when requesting frozen meals. You will need a microwave or oven to heat the frozen meals.

Please ensure to let the company know if you are socially isolating. They are all taking extra measures to follow guidelines on social distancing and will be able to discuss with you how this is done over the phone.

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| Hot meal delivery | | |
| Presto | Presto are a meal provider approved by BHCC. Drivers are using fresh gloves between each delivery and regular handwashing and equipment cleaning. The service includes a brief welfare check where drivers will phone in, if someone doesn't answer the door. Presto have now introduced grocery delivery along with the meals. | 01323 643 726 www.getpresto.co.uk info@getpresto.co.uk |
| Mother Theresa's Foods | Using fresh, locally sourced ingredients to create a menu of traditional favourites delivered hot to your door over the lunchtime period. | 01323 441 114 www.mothertheresas.co.uk info@mothertheresas.co.uk |
| Frozen ready meal delivery | | |



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| Oakhouse Foods | Regular and reliable deliveries. Orders of £30 or more are delivered for free otherwise £1 charge. Payment by cash or cheque on delivery possible or pay by card online and over the phone. . | 01273 582 260 www.oakhousefoods.co.uk |
| Wiltshire Farm Foods | Over 300 delicious meals and desserts, including gluten free and vegetarian options. Free no-contact delivery. Deliveries can be bought into your home on request. | 01903 206 777 www.wiltshirefarmfoods.com |
| Cook | Limited delivery slots available, £40 minimum order or click and collect from store. Card payments only. | 01732 759 020 www.cookfood.net |
| Chef Akila | Deliciously healthy curries & bryanis, delivered frozen. Slow-cooked with all natural ingredients. Vegan options available. | 0203 991 9736 https://www.chefakila.com/ |
| Spice Upp | UK's No. 1 African Caribbean Online Supermarket selling frozen ready meals made by experienced chefs bringing you the best in delicious dishes from the roots of Africa and the Caribbean. Payment via website or bank transfer only. Delivery from £6.99. | 01509 390174 https://spiceupp.co.uk/12-ready-meals |
| Other types of meal delivery | | |
| Alimento | Easy ready meals for those with swallowing difficulties and drinks to boost nutritional intake. | https://alimento.co.uk/ 0800 083 4446 |
| Parsley Box | No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes | www.parsleybox.com |

Medication

The national pharmacy medicine delivery service will end on Friday 31st July 2020. Therefore patients are being advised to ask a friend, relative or trustworthy neighbour to collect their medicines for them OR call NHS Volunteer Responders on 0808 196 3646(8am to 8pm) to arrange support OR contact their pharmacy or their local council to find a local volunteer.

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| Pharmacy2U | Taking care of your prescription delivery for free | https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs |
| NHS find a pharmacy | Find your local pharmacy and pharmacy details | https://www.nhs.uk/service-search/find-a-pharmacy |



Paid for Food Delivery Services

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| Brighton and Hove Community Transport | BHCT have a new food delivery service and are working with local independent grocer Dupleaus. Order and pay over the phone or order online. The city is set up into 5 zones with two delivery days for each. There is a £6 delivery charge. | 07739 953 600 / 07548 226 452 https://food.bhct.co.uk/pages/brighton-hove-community-transport-food-project |
| Age UK | <ul style="list-style-type: none"> • Necessity shop – essential items are delivered to doorsteps for a minimum donation of £5 for delivery, food at cost, there is a limited choice for items in these deliveries. • Personalised Isolation Shopping Service – a personalised service, where people can choose the specific items they need. Customers would sign up for six weeks, paying a subscription charge of £30, plus £10 per hour spent shopping. If further support is needed after six weeks, customers are able to sign up to our existing 'Help at Home' service, to receive ongoing support with things like shopping, laundry and cleaning. • Basics Boxes – Age UK can deliver an 'essentials' box which includes items like bread, milk & tinned foods from £10. | 01903 731800 information@ageukwestsussex.org.uk |

Independent Grocery Delivery Services

The following services operate in or deliver to Brighton & Hove. Orders can be made by phone and/or online. Please check website security – look out for padlock at beginning of URL.

In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.
<https://bhfood.org.uk/coronavirus-update/>

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| Adams Wholesale | Minimum delivery order £50. Delivery to Brighton on Tuesdays and Thursdays. | 01903 282 220 www.adams-wholesale.com |
| Sun Harvest | One-stop-shop. Minimum delivery order £25. Free delivery in 3-4 days however priority delivery to vulnerable and NHS workers. Order Monday-Saturday. Place orders by phone, email, WhatsApp and via website. If ordering online and you are vulnerable and need priority delivery, add this to the notes section | 01273 777 768 / 01273 697 631 WhatsApp 0794 400 1901 https://www.sunharvestltd.co.uk |



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| Dubleaus the Grocer | Currently no minimum order or delivery charge. Try to achieve next day delivery. Orders over the phone possible. Pay over the phone or if necessary by exact cash on delivery. Lots of fruit and veg and some dairy, bakery and store cupboard items. | 01273 945 674 www.dubleaus.com |
| Dubleaus 60 minute service | You can now receive your order from Dubleaus in 60 minutes if you are living in BN1, BN2 and BN3 for a £2.50 charge. Order by phone. 10am - 4pm Monday - Saturday | 01273 945 674 |
| Premier Wholesale Foods | £40 minimum spend and next day delivery if ordering by 3pm. Frozen fruit and veg available | https://www.premierwholesalefoods.co.uk/ 01903 214 747 |
| Premier Food Service Provider | Lots of different produce boxes to choose from on their website and you can make your own by clicking on the tabs at the top of the page. Alternatively you can all to be talked through ordering your box. £1 of every box delivered to Brighton will be donated to a local food bank. Delivery in 1-3 days. | https://shop.premierfsp.com/ 020 7720 7755 |
| Bidfood | Bidfood (normally a wholesaler) are doing next day home delivery when ordering before 2pm. Orders only £100. Please be aware that quantities are large and may not be suitable for people living alone. | https://www.bidfood.co.uk/home-consumer/ |
| Taj | You can now shop with Taj on Western Road online. A selection of boxes available. Free delivery. Delivery in 24 hours. | https://www.tajnaturally.co.uk/ |
| Florence Road Market | The market has gone online! Order on Mondays for best stock availability. No minimum order, delivery £5. Subscription options coming soon. | www.florenceroadmarket.com |
| DBC Green Grocers | Woodingdean Only. DBC Green Grocers sells fresh fruit, veg and infinity foods products (grains, pulses, nuts, dried fruits etc). Phone or email for weekly delivery or phone in advance and collect. Payment via cash in and envelope or BACCS transfer. Open 9am - 4pm | suedbcgreengrocers@gmail.com 01273 300 441 |
| 7 Dials Veg Box | Large Box £30 and Bumper Box £50. Order by 10pm online for next day delivery. | https://www.7dialsvegbox.com/ 07895 019 727 |



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| Wild Heart, Portland Road, Hove | Volunteers delivering by food groceries in the Sackville Road to Hove Junior School area only. Fruit, veg, cheese, bacon, dips and juice available for same day delivery and bread can be included for next day delivery. Payment over the phone. Call or text to order | https://www.facebook.com/hove.co.uk/ 07708 687 646 |
| Black Radish | Organic greengrocers. Minimum £10 spend and no delivery charge. Can pick up milk for you too if needed. If you are well you can pay contactless at the door otherwise a bank transfer will be arranged. | 01273 723 392 www.blackradish-organic.com |
| Rushfields Farm Shop | Farm shop - bread, cheese, meat, veg. Order online. | https://www.rushfields.com/ |
| Wellocks at Home | Quality ingredients normally sold to Michelin restaurants available online | https://wellocksathome.co.uk/ |
| Sing Kee Foods | Sing Kee has a wide range of provisions from the Far East. It is one of Yorkshire's largest Oriental supermarket networks. Order online or over the phone, there is a £6.99 delivery charge under £70. Available languages: Cantonese, Mandarin and Thai | 0199 270 1701 option 4 https://singkeefoods.co.uk/gb/ |
| Food to your Home | Previously supplying restaurants Food to Your Home has been set up to bring food to your doorstep. Order online | https://www.foodtoyourhome.com |

Independent Cafes, Bakeries, Fish Mongers and Butchers

In addition to this list **Brighton Quarantine Delivery** have put together a list of independent shops delivering during the coronavirus crisis. Maybe you'll find your locals shops on here. It is great to support local business during this time if you are able to.

www.brightonquarantine.co.uk

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| Soul Soup | Delivering Monday, Wednesday, Friday soup and fresh produce for a recommended donation, e.g. 4x soup £8. Bank transferred preferred, cash payment possible. Currently possible to order day before desired delivery | 07423 557 433 info@soulsoup.cafe |
| Kari Club Praan Vitality Ready Meal | Choose from delicious vegan soups to hearty main courses. All dishes are made individually from fresh with no additives or colours. These dishes come in recyclable cartons and are suitable for freezing. Delivery on Fridays only. | https://thekariclub.com/praan/ |



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| Brighton and Newhaven Fish Sales | Order fish by phone 7am-3pm for Tuesday-Saturday delivery. Minimum £20 spend and free delivery. Card payment only | 01273 420 123 www.brighton-fish-sales.co.uk |
| Brighton Express Meats | Order meat by phone or online for next day delivery. Free delivery for orders over £20. Card payment preferable | 01273 258 208 www.brightonexpressmeats.co.uk |
| Flourpot Bakery | Order online for bread and food normally sold in the café. Free delivery over £10. Card payment only. Distributing surplus bread to older people in Hannover and to the food bank at Elmgrove Primary | www.theflourpot.co.uk |
| The Cheese Hut | Selling cheese and cheese isolation packs. Free delivery on orders over £25 | https://www.thecheesehut.co.uk/ 01273 789 107 |
| Coburn and Baker | Fresh bread boxes can be ordered and paid for over the phone. Order by 1pm for next day delivery. Boxes start from £7 and delivery is £2. Birthday cakes are available. Their bread van is also visiting different areas of Brighton and Hove throughout the week. See poster online for details or call to ask if they will be visiting your area. | https://www.coburnandbaker.co.uk/ 01273 414 166 01273 414 104 |
| Southwick Square Meats | To place an order please call 01273 592168 or message us on Facebook, orders will have to be in by 11.30am for that day delivery, minimum order £20.00 | www.southwicksquaremeatsltd.co.uk 01273 592 168 |

Takeaway and Corner Shop Delivery

During this time more and more restaurants will be making their food available for delivery. If you are unable to get online or use a mobile app you may be able to ask someone to do so for you. Some companies allow you to pay cash on delivery however please put it in an envelope or something similar and maintain the recommended 2m distance.

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| Dinner 2 Go | Online Brighton based delivery service. Delivering from local restaurants, takeaways and off-licenses. App available. Cash can be paid on delivery if necessary. | www.dinner2go.co.uk/brighton |
| Restaurants Brighton | Directory of restaurants and cafes delivering in Brighton. Updated regularly | www.restaurantsbrighton.co.uk/brighton-takeaway |
| Just Eat | Online and app takeaway delivery service. Cash payment possible however place in envelope (or similar) and take measures to keep distance when handing over | www.just-eat.co.uk |
| Deliveroo | Online and app takeaway delivery service. Card payment only. | www.deliveroo.co.uk |
| Uber Eats | Online and app takeaway delivery service. Card payment only. | www.ubereats.com |



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| Corner Shop Delivery | Similarly to ordering a takeaway on an app or online you can order groceries from your local corner shop | |
| Beelivery | Beelivery is a nationwide on demand grocery delivery service using crowdsourced delivery drivers. | www.beelivery.com |
| Runner UK | Download the app for £2.50 delivery charge of corner shop items e.g. Soft drinks, Drinks, Frozen food, Pantry, Dairy, Bread. Tea/Coffee, Household, Pet food, Veg, Fruit. | 07308 848520 https://www.runneruk.com/ |
| Grocemania | A new shopping delivery app for smaller shops. Delivery in 1 hour. There is free delivery on orders over £30, while delivery of orders between £10 and £30 cost £2.50, and orders under £10 cost £4.50 | https://grocemania.co.uk/ |

Local Charities and Organisations

Local charities are very aware of the current issues around food access and are working hard to support you.

Brighton & Hove Council have partnered with Brighton & Hove Food Partnership to offer various food supply services. We would recommend that you contact the Council for support and information: <https://new.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else> 01273 293 117

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| Real Junk Food Project | RJFP will be offering pre-packaged meals and pre-package food packages on a pay as you feel basis for collection only. See website for locations | www.realjunkfoodbrighton.co.uk/covid-19/ |
| BMECP Food Bank | BMECP has set up a foodbank to reach out to the BME, BAME and other communities and help where they can. It will run every Friday from 12.00-3.00 pm. | http://bmecp.org.uk/bmecp-food-bank/ |
| Food and Friendship | Food and Friendship the lunch club normally at Hove Methodist Church are delivering a hot meal free of charge to vulnerable people Tuesdays and Thursdays | cookingcaroline@outlook.com 07813 667 857 |
| Java Café | Java Community Café are back to running their café with social distancing measures in place. They can do takeaway. | 01273 308 840 |
| Brighton Unemployed Centre Families Project | Emergency food parcels for people with no money or access to food. Please fill out their form online (call if internet access is not possible). | 01273 671 213 www.bucfp.org |
| East Brighton Food Coop | If you live in East Brighton and need a freshly prepared nutritious hot meal or a food parcel during Covid -19 please contact us to place an order at Robert Lodge Community Kitchen | eastbrightonfoodcoop@gmail.com or call: 01273 885 068 and leave a message and we will call you back https://www.eastbrightonfoodcoop.uk/ |



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| Very Local Food Hubs | Community food boxes, fresh, affordable and available weekly in Moulsecombe, Bevendean and Bates Estate. Prices vary from £12 to £18, available for collection or delivery if you are isolating/vulnerable. | 07591 972 600 https://www.facebook.com/verylocalfoodhubs |
| Lunch Positive | Lunch Positive are now providing home delivery of free meals and food items to anyone with HIV in need. Fill in the form on their website | 07846 464 384 www.lunchpositive.org/special-plans |
| <p>Neighbourhood Volunteer support Many new schemes have been set up to support people during Covid-19. Volunteers will have signed an agreement but may not be DBS checked, please use your discretion and alert us to any suspicious behaviour. If you are an older or vulnerable person in need of support navigating the options please call Ageing Well. We will be happy to connect you with options that have worked well for others and refer you to the Ageing Well partners when further support is needed.</p> | | |
| Brighton Cooking Club | Brighton Cooking Club can help by providing home cooked meals. They team you up with people in your local area who have volunteered to cook. Nutritious meals will be delivered contactless to your door. | https://www.brightoncookingclub.com/ |
| Mutual Aid Groups | Neighbours are offering to support each other with shopping, telephone calls and more. Find your local group through their website | Emergency phone number 07872 023 446 https://brightonmutualaid.co.uk/ |
| Craven Vale Community Association | Craven Vale Community Association has organised a team of volunteer community helpers to get your shopping. Available to people living in Monument View, Craven Vale and Bakers Bottom. Call or email Sim to request help. | valecentrefoodbank@gmail.com 07774 644 375 |
| Acorn the Union | Acorn are matching volunteers to people needing help with food and supplies. Fill in the form online. Suggested maximum shop of £20, money exchange to be discussed with the volunteer. Volunteers sign data agreement but do not have background checks. | www.acorntheunion.org.uk/corona |
| NHS Volunteer Responder | You can self refer for support from a NHS volunteer responder. <ul style="list-style-type: none"> • People who want to continue to stay at home or who need to avoid busier public spaces, such as supermarkets • People with caring responsibilities • People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms | Call 0808 196 3646 (8am to 8pm) to refer yourself https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating |



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| | <ul style="list-style-type: none"> • People who've been instructed to self-isolate by the 'Test and Trace' service, because they've been near someone infected. • People who are self-isolating ahead of planned hospital care. • Frontline health and care workers • The responder can support with shopping, prescription collection or a friendly chat. | |
| Pop To The Shop | Pop to the Shop connects people who need food or medicine delivered to locals who shop for them. It uses an online system to match people. It's easy to set maximum prices and use a card to pay. The only extra charge is a £1 payments fee. | https://www.poptotheshop.org/ |

For Fun There are some great opportunities to get online and learn new cooking skills!

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| Man with a Pan | Man With a Pan is an opportunity for men to learn to cook, be creative, meet new people, build self-confidence and prepare delicious food. | https://www.eventbrite.co.uk/e/man-with-a-pan-online-cookery-course-16-july-13-august-tickets-110598900288 |
| Cooking Confidence with the Community Kitchen | A Facebook group for people who are learning to cook or building up their cooking confidence. Run by the friendly team at the Community Kitchen - a cookery school in Brighton. | https://www.facebook.com/groups/cookingconfidencebtnkitchen/ |
| Community Chef, good food for all | Online cookery courses for isolated and vulnerable people | http://communitychef.org.uk/online-cookery-courses-for-isolated-and-vulnerable-people/?fbclid=IwAR3fC-C1qbJ312SPAqAX4sRlkJ2Ycy6Utpsv1ZkuCKu2XINZhlth_IWhLto |

