



RESOURCES

Social Prescribing Team
Bexhill PCN

Please find below a range of resources you may find useful. They are grouped by theme as follows:

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Pg.3 = Managing Stress & Anxiety

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For more information please contact your Social Prescribing Link Worker directly or call the PCN: 01424 231480, Option 3 followed by Option 2

www.bexhillpcn.nhs.uk

<u>BEFRIENDING SERVICES</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
AGE UK Silverline 24hr Helpline	Call for a chat with a volunteer day or night.	The Silver Line Helpline thesilverline.org.uk	0800 4 70 80 90
Bexhill Caring Community	Volunteer Befrienders can offer a cup of tea & chat in your own home, help with shopping etc. Yearly subscription fee.	Bexhill Caring Community bexhillcaringcommunity.org	Monique: 01424 215116 Sackville Road, Bexhill
Seniors Helping Seniors	Matching vetted 'seniors' to older people needing an extra pair of hands. Companionship, Shopping, Meal times, Medical appointments, housekeeping, Dementia care & much more.	www.seniorhelpingseniors.co.uk	23 St Leonard's Road, Bexhill 01424 605705
Association of Carers	Provide respite and befriending service available free to carers to provide respite for upto 3 hours per week.	Home - Association of Carers associationofcarers.org.uk	01424 722309

<u>MANAGING STRESS, ANXIETY and EMOTIONAL WELLBEING</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Reed	<p>Level 2 Certificate in Awareness of Mental Health Problems – ONLINE COURSE. FREE.</p> <p>CONTENT: Develop understanding and appreciation of mental health conditions.</p> <p>Learn about signs, triggers and symptoms of mental health.</p> <p>Understand how mental health affects an individual's ability to cope and function.</p> <p>Examine guidance to potentially manage and support them with their illness</p>	<p>www.reed.co.uk/courses</p> <p>Free Online Level 2 Certificate in Awareness of Mental Health Problems Course reed.co.uk</p>	
Sussex Recovery College	<p>Self-help courses:</p> <p>Anxiety (Face to face & online), Problem Solving (coping with life's difficulties – online), Self-Esteem & Confidence, Improve Sleep, Stressbusters Workshop</p>	<p>Some workshops are face to face and some have an online option.</p> <p>www.sussexrecoverycollege.org.uk</p>	<p>0300 303 8086</p> <p>sussexrecoverycollege@spft.nhs.uk</p>
Youtube	<p>Various videos/self help exercises you can do anywhere. Here are some simple techniques that could help.</p>	<p>Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube</p> <p>10-Minute Meditation For Anxiety - YouTube</p> <p>10-Minute Meditation For Stress - YouTube</p>	

Apps – Headspace & Calm: Sleep & Meditation	Mindfulness Apps that have various resources to enable relaxation.	PlayStore or Iphone App Store. These apps are both FREE (in-app purchases may apply)	
Silver Cloud Health App (16+)	Is an online course to help manage stress, anxiety and depression. Work through a series of topics selected by a therapist to address specific needs. 8 week course to be completed in own time and at own pace.		
Shout	Text service- 85258 free confidential messaging support for anyone who is struggling to cope.	Shout: the UK's free, confidential and 24/7 mental health text service for crisis support Shout 85258 (giveusashout.org)	Text service- 85258
Mind	Various self-help resources + support for those experiencing a mental health difficulty and their friends and family.	www.mind.org.uk Relaxation tips - Mind Managing stress and building resilience - tips - Mind	0300 1233393 Text- 86463
Samaritans	Available 24 hours per day to provide confidential emotional support for people with distress, despair or suicidal thoughts.	https://www.samaritans.org/	116123
Calm Helpline	Provides listening services, information and support for anyone who needs to talk, including web talk.	I'm struggling Campaign Against Living Miserably (CALM) (thecalmzone.net)	0800 585858
Anxiety UK	Advice and support for people living with anxiety.	National charity helping people with Anxiety - Anxiety UK anxietyuk.org.uk	Helpline: 03444775774 Text:07537416905
Stay Alive App	Is a pocket suicide prevention resource for the UK. You can use it if you have thoughts of	StayAlive - Essential suicide prevention for everyday life	

	suicide or concerned about someone else who may be considering suicide.		
MenWalkTalk	For men aged 18+ across England. Facilitated by a trained volunteer 'walk-leader.' Safe space to better manage mental health worries for men.	www.menwalktalk.co.uk	07394 694786
Bexhill Wellbeing Centre	Various 1:1 and group support at purpose-built centre specifically for those facing Mental Health problems. Offers Employment support. Groups include; Yoga, Walking Group, Relaxation/Meditation, Singing for Wellbeing, Art, Gardening	www.southdown.org	01424 215548 73A London Road, Bexhill Bexhillwellbeingcentre @southdown.org
Staying Well Out of Hours Service (run by Southdown)	Evening & Weekend mental health crisis prevention support. Safe space to go to in preventing crisis with recovery advisors and peer support workers. For adults with an urgent mental health support need. Mon-Fri 4pm-10:30pm Weekends: 3pm-10:30pm	www.southdown.org/services/staying-well-space/ you can self-refer: www.southdown.org/stayingwellspaceESCN	Hastings/St Leonards 0800 023 6475 Stayingwell.hastings@southdown.org Hastings Wellbeing Centre Carisbrooke House, Stockleigh Road, TN38 0JP
111 option 2/ Sussex Mental Health line	For when you need help but are not in immediate danger.	Sussex Mental Health Crisis Line :: Sussex Partnership NHS Foundation Trust	111 option 2 0800 0309500
Young Minds	Young minds is a good mental health/wellbeing resource (for young people and parents)	YoungMinds Mental Health Charity For Children And Young People YoungMinds	02070895050

COUNSELLING & COMPLIMENTARY THERAPIES

Name of Organisation/Group	What is it & when?	Website	Contact
Health in Mind	NHS Counselling Service. Can offer up to 6 FREE sessions	Health in Mind healthinmind.org.uk	You can Self Refer through website, ask your GP or speak to your Social Prescriber
Counselling Plus	Service based mainly in Hastings. Telephone, Face to Face and online. Minimum charge of £35 per session	One to One Counselling - Counselling Plus, Hastings and East Sussex counsellingplus.org	You can self refer through their website or give them a call: 01424 428300
The Pelham Counselling	This service is not free, however offers lower rates on a discretionary basis.	Counselling - The Pelham thepelham.co.uk	Emma: 01424 576304 office@thepelham.co.uk
Butterflies	Aimed at Children and their families	Butterflies Child Therapy Abuse & Trauma Service East Sussex (butterfliescacs.co.uk)	01424 443307
Younique Wellbeing Studios	Counselling sessions (not free) and various complimentary therapies such as Reiki, Reflexology, Massages etc. Exercise classes etc.	YouNique Wellbeing Bexhill East Sussex youniquewellbeing.co.uk	01424 217630
Sara Lee Trust	Counselling available to those with a Cancer Diagnosis. Referrals made via a health professional. Cuppa & Chat drop in each month 3-5pm Sidley Hub.	www.Saraleetrust.org	01424 456608

Macmillan/ Bupa Counselling	Up to 6 free sessions for people living with Cancer	Free specialist counselling for people with cancer Macmillan Cancer Support macmillan.org.uk	0808 800 00 00
St Michael's Hospice Bereavement Counselling	Free sessions for those affected by bereavement. You do not need to have accessed or know someone that's accessed the Hospice to receive support.	About our Bereavement Services - St. Michael's Hospice (stmichaels.org.uk)	01424 445177
Cruse Bereavement Counselling	For those needing support around bereavement/grief. Online chat resource as well as a helpline	Get support - Cruse Bereavement Support cruse.org.uk	Helpline: 0808 808 1677
Stepping Stones Bereavement Group	3 rd Friday of the month in the morning		St Marks Church, Little Common, 01233 504127 st.markschurchoffice@btconnect.com
Care for Carers	Counselling support for carers, free.	www.cftc.org.uk	01323 738390
Holding Space	Parent peer support for parent carers and families whose young people are struggling with mental health. It offers telephone support, parent coffee mornings and counselling.	www.holdingspace.org	01323 315055 hello@holdingspace.org.uk

<u>SOCIAL GROUPS</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Bexhill Museum Coffee Morning	First Thursday of each month 10:30am- Noon. Takes place in museum cafe.	First Thursday Coffee Mornings are back - Bexhill Museum	Egerton Road, Bexhill. 01424 222058
Companionship Café (Home Instead)	Every 4th Friday on the month, 10am - midday FREE. St Augustine's Church, Bexhill	Social groups for seniors in Bexhill, Battle, St Leonards and Hastings Home Instead	01424 401402
Homecall	Thursday morning at Wetherspoons Bexhill, for partially sighted and hearing impairment	www.Myhomecall.org	Claire – 01424 845812 claire.homecall@gmail.com
Just Friends	Social meetings, walking groups, monthly lunch, Tea Parties, Theatre Visits + other excursions. First & Third Friday of the month 10:30-12:30pm.	Bexhill – Just Friends (just-friends.uk)	Bexhill Town Square Social Club, 4-6 London Road, Bexhill. 01424 219102
Bexhill Senior Citizens Club	Various activities including: Carpet Bowls, Arts & Crafts, Knit & Natter, Garden Group, Pool, Table Tennis, Skittles, Bingo, Line Dancing	Bexhill Senior Citizens Club – Bexhill-on-Sea in East Sussex (bexhillsussex.uk)	Eversley Road, Bexhill Christine Nee: 01424 212911
Bexhill Shed Men's/Women's/ Mixed Shed	A place to pursue practical interests in a group at leisure, to practice skills & enjoy making and mending	www.bexhillmensshed.org.uk	info@bexhillmensshed.org.uk
Singing down memory lane	Everyone welcome. 1st & 3 rd Fridays on the month.	Singing Down Memory Lane – Bexhill Dementia Action Alliance	07874864898 admin@discdementiasupport.org
Ninfield Horticultural Society	£5 non-member 3 rd Monday of the month, 7:30pm		Ninfield Village Memorial Hall, Bexhill Road, Ninfield

			07707 683187 k.crittell@outlook.com
East Sussex Association of Blind & Partially Sighted People Social Group	Low vision service, aids & equipment, tel helpline, outreach vehicle, social groups, Contact for more details: various locations	About Us - East Sussex Vision Support	01323 832252 ian@eastsussexblind.org
Little Common Royal British Legion Women's Section- Poppy Club	FREE 2 nd Wednesday of the month 7-9pm	www.littlecommonlegion.co.uk	Meads Avenue, Little Common 01424 842710
Greener Futures	Outdoor activities (gardening, foraging, woodland maintenance) Wednesday 10-12pm		Groups held at The Pelham, Holliers Hill, Bexhill Sue.learoydsmith@groundwork.org.uk
Bexhill Environmental Group		www.bexhillenvironmentalgroup.org.uk	bexhilleg@yahoo.co.uk
Musical Matinees (Tea, Cake & Film)	FREE Every Friday from 1:30pm	The Musical Matinee Club (relaxed screenings) - DLWP, The De La Warr Pavilion, Bexhill, East Sussex	Memorial Hall, Bexhill Road, Ninfield, Battle. Call Jackie or Rose: 01424 892422 Jackie.langley@btinternet.com
Book Exchange & Community Café (Ninfield)	FREE First Friday of the month 10-11:30am	Book exchange and community cafe, Battle – ESCIS	Ninfield Methodist Church Call David: 01424 892248 Dj_swales@hotmail.com
Bexhill Dementia Supper Club	Once a month in Bexhill. First Tuesday each month	Care for carers	07730872293
Reading Friends/Home Library Service	Volunteers can visit you in your home to bring books and share stories, or you can join a Reading Friends group at a library.	EastSussex.gov.uk/libraries	0345 60 80 196

Bexhill Dementia Alliance Allotment	Gardeners invited to join near Collington Wood. For those with dementia and their carers	<u>Allotment – Bexhill Dementia Action Alliance</u>	07749037257
Day Centres			
Clifford Day Centre	For elderly People who live alone or whose carers need a break. Beulah Church, Clifford Road. Thursday 9-2pm. £15 inc lunch and transport	<u>Clifford Day Centre, Bexhill – ESCIS</u>	01424 073001 Suebbc@outlook.com
Ashgrove day centre	Monday-Friday 9am-4pm £80 a day without transport £100 a day with transport Includes lunch etc		Woodville Rd Kelly Alexander- manager Manager.ashgrovecare@gmail.com 01424 730497
The Golden Marigold Club	Social Club mainly over 60s, Every Monday, £18 to include beverages, meals & transport. £14 without transport.		Christchurch Hall, Holliers Hill Bexhill. Frances Rowland: 01424 223354, 07979-576397

<u>PHYSICAL ACTIVITY GROUPS</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Active Rother	A range of face to face and online physical activity groups	www.activerother.org.uk	01424 787000
Younique Wellbeing Studios	Various such as: Chi Gong, Pilates, Seated Fitness, Seated Yoga	www.youniquewellbeing.co.uk	01424 217630 info@youniquewellbeing.co.uk
Body Junction	Various- exercise classes	The Body Junction Pilates, Yoga & Therapies in Bexhill – Pilates, Yoga, Therapy, Physiotherapy	01424 2153000
Exercise to Music	Various location across Bexhill		Christine 07942 493177
Line Dancing	SAKS Line dancing- Tuesday and Thursday Mornings, £5.00.		St Marthas Church Hall, Cooden Sea Road. Shirley 07595 835480 shirley@sakslinedance.co.uk
Movement	Gentle yoga, dancing. All abilities welcome.	Groove Bexhill gentle yoga Bexhill-on-Sea, UK Official website	Nicky 07866 310093
Chi Gong	De La Warr Pavillion. Standing or seated exercise. Every Friday 10:30am-11am		Alexandra Bolton 07734905386 alexandrabolton@btinternet.com
Bowling	Egerton Park Bowls Club Bowls Martlets at Sidley		01424 733354 07450 257305
Aqua Aerobics			Bexhill Leisure Pool, Bexhill, 01424 731508
The Pelham	Various groups: Running Space, Table Tennis, Ladies only Exercise, AA, History Group, Gardening Group (Pelham Growz), Fluid Yoga	www.thepelham.co.uk office@thepelham.co.uk	01424 576304 Holliers Hill, Bexhill

Pebsham Community Hub	Active friends meet and move. Wednesday 2-3pm, chair/standing exercises. £3	Pebsham Community Hub – ESCIS	07739082538 Sally
Bexhill Senior Citizens Club	Various activities including: Carpet Bowls, Arts & Crafts, Knit & Natter, Garden Group, Pool, Table Tennis, Skittles, Bingo, Dancing	Bexhill Senior Citizens Club – Bexhill-on-Sea in East Sussex (bexhillsussex.uk)	Eversley Road, Bexhill. Christine Nee: 01424 212911
Walking Football	Tuesday morning and Thursday evening £3 per week. Aimed at over 50s.	Old Bexhillians Walking Football - WFA (thewfa.co.uk)	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171 Mickdavies48@gmail.com
Walking Netball (over 50s)	Every Monday 11.15-12:15am. £2.50 per week	Walking sports Freedom Leisure (freedom-leisure.co.uk)	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171
Walking indoor Cricket (over 50s)	Wednesday 2-4pm Friday 9:30-12pm £2.50	Bexhill & Sidley Walking Cricket Club – Walking Cricket in East Sussex (bexhillandsidleywalkingcc.org)	Bexhill Leisure Centre, Down Road, Bexhill, 01424 731171
Bexhill Health Walks	FREE Sidley: Monday 11-12pm Bexhill Seafront Friday 11-12pm Guided walks in various locations around Bexhill	www.eastsussexhealthwalks@tcv.org.uk	Sidley Walk: The Green at New Inn, 32 Ninfield Road, Bexhill 07740 899559 Lorna.neville@tcv.org.uk
Bexhill Down Ladies Group	FREE 2 nd Wednesday of the month 2pm		St Augustine's Church Hall, St Augustine's Close, Bexhill 01424 216150
Active Friends: Meet & Move gentle exercise & social 50+	Around £5 a session. Meet friends and improve stamina & overall fitness. Chair & standing classes. Social lunch afterwards	Various locations/days across Bexhill. All Saints Church Sidley- Tuesday 10.30-11.30.	Sal_r_tay@yahoo.co.uk Call Sally Taylor: 07739 082538

		Pebsham Community Hub Wednesday 2-3pm.	
20/20 Health	20/20 Health is an exercise referral company working with clients that requires a health professional to refer you into the scheme. Payment required.	www.facebook.com/2020health	2020exercisereferral@gmail.com 07872 525432

<u>RESOURCES FOR CARERS</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Care for the Carers	Free Practical & emotional help and advice for Carers. Time to Talk Counselling service, Carers Wellbeing Group, Support for young carers also. Face to face, telephone, online.	www.cftc.org.uk	01323 738390 Text: 07860 077300 Registered Address: Highlight House, 8 St Leonards Road, Eastbourne BN21 3UH
Association of Carers	Free volunteer-led support services for unpaid carers. Telephone Befriending for Carers, Support plan residential respite, telephone counselling, Carers Lunch Club	www.associationofcarers.org.uk	01424 722309 info@associationofcarers.org.uk Jackson Hall, Portland Place, Hastings, TN34 1QN
Bexhill Caring Community	Variety of support, including carer support. £30 membership fee.	Bexhill Caring Community	Monique: 01424 215116 Sackville Road, Bexhill
Dementia Support- DISC	Support service for carers of people with dementia. 4 th Wednesday every month at St Augustine's Church, Dennis Ranking Room. Free		Emma 07591250988 Louise 07591251005 admin@discdementiasupport.org
East Sussex Young Carers	Free Practical & emotional help and advice for Carers	East Sussex Young Carers (imago.community)	0300111110

<u>SUPPORT AT HOME</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
East Sussex One Space	East Sussex hold a list of approved providers PA companies and care companies-signposting.	Home - East Sussex 1Space Includes home care providers, personal assistants, transport and other specialist services.	
Bexhill Caring Community	Support at home- various. Yearly subscription fee (£30).	Bexhill Caring Community	Monique: 01424 215116 Sackville Road, Bexhill
Seniors helping Seniors	Support at home- various. Matching vetted 'seniors' to older people needing an extra pair of hands. Companionship, Shopping, Meal times, Medical appointments, housekeeping, Dementia care.	www.seniorshelpingseniors.co.uk	23 St Leonard's Road, Bexhill 01424 605705
Lifeline, door alarm, fall alarm, trackers, equipment	Referral by health professional to ASC, HSSC, JCR via Millbrook Can be purchased privately		
Food bank	For those struggling to put food on the table, daily living	Bexhill Foodbank Helping Local People in Crisis	01424 736515
Home Library Service (Bexhill Library)	Regular library service for those who are housebound/frail or caring for someone who cannot be left alone. Books, ebooks, e-audiobooks, CDs & DVDs (extra charge). Visits between Mon-Sat.	www.eastsussex.gov.uk/libraries	0345 60 80 196

Homecall (for visually impaired and hearing impairment)	Regular visits at home to help with: reading & writing correspondence, attending appointments, help to attend clubs and social activities.	www.homecall.uk.com	01424 845812 Claire.homecall@gmail.com
AGE UK Silverline 24hr Helpline	Call for a chat with a volunteer day or night.	The Silver Line Helpline	0800 4 70 80 90
Association of Carers	Provide respite and befriending service available free to carers to provide respite for upto 3 hours/wk.	Home - Association of Carers	01424 722309
Chapter Two- local restaurant	Meal Delivery, made by a chef	Little Common	01424 842066
Cook	Frozen Home cooked meals	COOK Frozen Ready Meals, Delivered Meals, Prepared Meal Delivery COOK (cookfood.net)	01732 759020, 01323 738525
Wiltshire Farm Foods	Meal delivery service	Ready Meals Delivered - Wiltshire Farm Foods	0800 077 3100
Oakhause Foods	Meal delivery service	Ready Meals Home Delivered Meals and Desserts Oakhouse Foods	0333 370 6700
Cookmere meals	Meal delivery service	Cookmere – Cookmere Meals	01323 884 274
Home from Home meals	Meal delivery service	Chilled Food Delivery in East Sussex Home Page (homefromhomemeals.co.uk)	01323 335 034

<u>BENEFITS/DEBT/FINANCES</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Hastings Advice & Representation Centre (HARC)	Expert local Benefits Advice	www.harc.uk.com	Benefit Advice Line: 0333 344 0681 HARC Advice Line: 01424 428375
Citizens Advice 1066	Money Advice service can support with: Debt write-offs, bankruptcy, affordable repayments terms, debt relief orders Other support includes budgeting, benefit checks, local grants/vouchers.	www.citizensadvice1066.co.uk	Call-back advice line 01424 869352 or Drop in sessions available at Bexhill Branch (St Leonards Road, Bexhill)
Turn2Us	Benefits Calculator & local Grant Search. General Benefits info & advice	www.turn2us.org.uk	Online support only.
Step Change Debt Support	Free debt advice: Debt management plans, Debt relief orders, bankruptcy advice & more	StepChange Debt Charity - Free Expert Debt Advice	Debt Advice Line: 0800 138 1111
Age UK advice line	Free signposting advice		080005506112

•Benefits (types)

- PIP (Personal Independence Payment): Personal Independence Payment (PIP): What PIP is for - GOV.UK (www.gov.uk) NB: Not means tested, to help with costs related to difficulties carrying out daily tasks due to a health condition
- Universal Credit: Universal Credit: What Universal Credit is - GOV.UK (www.gov.uk) NB: For Housing Benefit support, paying rent to landlords, job seekers
- Attendance Allowance: Attendance Allowance: Overview - GOV.UK (www.gov.uk) NB: personal support for those both pension age or older & physically or mentally disabled
- Pension Credit: Pension Credit: Overview - GOV.UK (www.gov.uk) NB: support with living costs if on low wage & over state pension age, support with housing costs such as ground rent or service charges

<u>COST OF LIVING</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Citizens Advice 1066 (CAB)	Range of support: debt, energy bills, housing, employment. Grants & vouchers to help with cost of living. Money Advice Service	www.citizensadvice1066.co.uk	01424 869352 Mon-Fri 9-4:30pm
East Sussex Warm Home Check Service	Free advice and home energy efficiency visits	www.warめastsussex.org.uk	0800 464 7307 Text WARM to 80011
East Sussex Fire & Rescue Service	Free home safety visits and electric blanket safety advice	www.esfrs.org	0800 177 7069
Helpful Websites		www.Eastsussex.gov.uk/costofliving www.rother.gov.uk/cost-of-living/ www.rother.gov.uk/financial-support-for-residents	
Warm Spaces	Buildings/Hubs that have a free space for anyone struggling to stay warm.	Spaces — Warm Spaces	The Beulah Centre, Every Thursday 4-6:30pm (Free Tea & Coffee). The Pelham, Mon-Fri 9:30-2:30pm. Little Common Methodist Church, Fridays 10am-11:30am
Warming up the Homeless	Charity supporting homeless people	Warming Up The Homeless (wuth.org)	07367060708 hello@wuth.org
Food bank	For those struggling to put food on the table	Bexhill Foodbank Helping Local People in Crisis	01424 736515

The HUG (Homeless Unity Group)	For those who are homeless or at risk of becoming homeless, or vulnerably housed.	www.Bexhillhug.org.uk	St Barnabas Church, Sea Road, Bexhill connect@bexhillhug.org.uk bexhillhug@gmail.com 07881 642331
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<u>ADDICTION</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
ESRA (East Sussex Recovery Alliance)	Drug & Alcohol Recovery café, peer support groups & 1:1, recreational activities (art, baking, reiki, fishing group, beach clean)	https://esrauk.org	01424 435318 5 Harold Place, Hastings TN34 1JA
Drug and Alcohol service for children and young people	Substance Misuse Service (addiction in under 25 year olds)	Drug and alcohol services for children and young people East Sussex County Council	Under25sSMS.Duty@eastsussex.gov.uk 01323 464 404
CGL (Change Grow Live)	Support for addictions: alcohol, drugs, gambling, pornography, food, social media. Recovery courses at local churches & hubs across the UK. Online Recovery courses available. Drop-in facilitated by ESRA & STAR Pelham, Sidley – Mondays 8:30am-5pm	Change Grow Live Charity We can help you change your life Changegrowlive.org	0300 303 8160
GamCare (National Gambling Support Network)	1:1 face to face, online & telephone support & treatment for those facing gambling addiction and their families & friends impacted by it. Chatrooms & Forums also available.	What support do we provide? - GamCare	Helpline: 0808 8020 133, webchat, Whatsapp, facebook messenger
The Oasis Group (Project)	Addiction recovery support – Women only - weekly online and in person groups	Oasis Project - We give hope to people affected by drugs & alcohol.	Renaissance House, Albert Road, Hastings, 01273 696970 owrs@oasisproject.org.uk
Breakeven	Free Gambling counselling	Breakeven: free counselling help for problem gambling	Based at: Wellington Wellbeing Centre, 44 Wellington Square, Hastings. 01273 833 722 info@breakeven.org.uk

<u>TRANSPORT</u>			
Name of Organisation/Group	What is it & when?	Website	Contact
Bexhill Community Town Bus	Adult Single Fare: £1.20. Children 50p Various routes/destinations including, Little common, Bexhill Hospital, Pebsham, Cooden Beach, Sutton Place Timetable: Bexhill Community Bus Timetables	Bexhill Community Bus: welcome to our site for local community bus services in Bexhill	Please call for most up to date routes. 01424 222820 Info@bexhillcommunitybus.co.uk
Bexhill Caring Community	Dial-a-Ride Bus Service: minibus & tail lift (for wheelchair users or those with walking difficulties) taking people anywhere in Bexhill (£8.50 return, escort goes free). Lifts for shopping, hairdressers, lunch with friends etc. Community Car Service: for medical appointments & funerals anywhere in south east. Suggested donation to Conquest of £20 return Yearly membership fee £30.	Bexhill Caring Community	Call 01424 215116 Western Road, Bexhill
Hospital transport: Non-emergency patient transport service (NEPTS)	Provides transport for hospital treatment to people who cannot make the journey themselves due to medical reasons. There is eligibility criteria.	Non-emergency patient transport service (NEPTS) East Sussex County Council	Call 0300 123 9841
Flexi-bus	Contact the local Council. £2 per journey within 14 mile radius or £6 day rider. Not available on Sundays or bank holidays. 7am-7pm Monday to Saturday.	Flexibus East Sussex County Council	01273078203. Also bookable via Ride Pingo App.

CONDITION SPECIFIC SUPPORT

Name of Organisation/Group	What is it & when?	Website	Contact
Dementia Support Service	East Sussex Adult Social Care support worker signposting role for those with dementia	Adultsocialcare.eastsussex.gov.uk	01323 432340
Dementia Support- DISC	Support service for carers of people with dementia. 4 th Wednesday every month at St Augustine's Church, Dennis Ranking Room. Free		Emma 07591250988 Louise 07591251005 admin@discdementiasupport.org
Bexhill Dementia Supper Club	Once a month in Bexhill. First Tuesday each month	Care for carers	07730872293
Bexhill Dementia Alliance Allotment	Gardeners invited to join near Collington Wood. For those with dementia and their carers	Allotment – Bexhill Dementia Action Alliance	07749037257
Singing down memory lane	Everyone welcome	Singing Down Memory Lane – Bexhill Dementia Action Alliance	07874864898 admin@discdementiasupport.org
Clifford Day Centre	For elderly People who live alone or whose carers need a break. £15 inc lunch and transport	Clifford Day Centre, Bexhill – ESCIS Beulah Church, Clifford Road. Thursday 9-2pm.	01424 073001 Suebbc@outlook.com
Ashgrove day centre	Monday-Friday 9am-4pm. £80 a day without transport, £100 a day with transport. Includes lunch etc		Woodville Rd, Kelly Alexander- manager. 01424 730497
The Golden Marigold Club	Social Club mainly over 60s, Every Monday, £18 to include meals & transport. £14 without transport.		Christchurch Hall, Holliers Hill Bexhill. Frances Rowland: 01424 223354, 07979-576397
Diabetes Support Group	2 nd Tuesday of the month, 2-4pm. £6 annual fee.	www.bexhill-diabetes.co.uk	Bagnall Hall, 25 Sackville Road 01424 218401

Parkinsons Social Group	4 th Friday of the month, 2-4pm. £3 per week.		Wheatsheaf Little Common Chris.griffith5@btinternet.com
Parkinsons Chair Based class	Bexhill Leisure Centre		07872 525432
1066 Pink Ladies (Breast Cancer Support Group)	FREE 2 nd Wednesday of the month 7-9pm		The Pelham, Holliers Hill, Bexhill 01424 220665
Sara Lee Trust	Counselling for those with a Cancer diagnosis. Referrals via Health professional	www.Saraleetrust.org	01424 456608
Little Gate Farm-	Creating opportunities for those with learning difficulties and Autism.	Little Gate - Creating opportunities for people with learning disabilities and autism	01797260580 info@littlegate.org.uk
The Pelham	A provider and host of many activities and opportunities for adults & children.	Community Hub - The Pelham	01424 576304 office@thepelham.co.uk
SAYPH- safe hub for young persons	Support for adolescent and young persons health hub run by Bexhill PCN	Thursday 3-5pm, Sidley Children's centre. Throughout school term, some breaks in holiday time.	Just turn up.
Employment support for youth	Info on job centres/websites/CV writing tips	CXK Services: Youth Employability Service	info@cwk.org 01233224244
Holding Space	Parent peer support for parent carers and families whose young people are struggling with mental health. It offers telephone support, parent coffee mornings and counselling.	www.holdingspace.org	01323 315055 hello@holdingspace.org.uk
British Heart Foundation	Charity, Information, Volunteering, shop	www.bhf.org.uk	
Stroke Association	Charity ,Information, Volunteering	www.stroke.org.uk	

One You East sussex	Free wellness programmes	oneyoueastsussex.org.uk	Hello@oneyoueastsussex.org.uk">Hello@oneyoueastsussex.org.uk 01323 404600
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